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## Town of Ellington: A Survey

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## **Executive Summary**

### ***Introduction***

People spend more money on housing than on other essential items including food, health care, and transportation. As a result of an increase in housing costs, elderly housing is currently one of the most critical issues facing the nation. In the future, affordable housing will be increasingly difficult to find. With a concern about the future needs of older residents, Ellington Human Services Commission hired researchers at the University of Connecticut Health Center, Center on Aging to conduct a housing study and to explore future services for their aging population.

This study elicited current and future perceived needs and concerns of Ellington residents. Important topical areas included: demographics, financial fitness, housing, transportation, activities and services, health, social support, caregiving for ill family members, insurance and prescription drug coverage, and social service programs.

The survey sample was divided into two groups: 1) Ellington residents 60 years of age and older (referred to as the 60+ survey); and 2) Ellington residents born between the 1946 and 1964 (referred to as the Boomer survey). A survey was designed for each of the two groups with similar or identical questions. This not only allowed for comparative analysis between populations, but also afforded the opportunity to ask questions specific to each group.

Both the 60+ and Boomer surveys were administered as mailed questionnaires. Respondents who returned surveys within ten days of the first mailing were eligible for a \$50.00 gift certificate drawing. The final response rate for the 60+ population was 61% with a total of 500 surveys returned, and the final Boomer response rate was 46% with 408 surveys returned.

In addition to the mailed surveys, three focus groups were conducted; two with 60+ residents and one with high school students. Four key informant interviews with town officials or civic organizational leaders and five interviews with community or medical service providers were also conducted.

Statistical computations were performed in analyzing quantitative data. Qualitative data was analyzed separately based on a constructivist theoretical paradigm and grounded theory approach using the constant comparative method (Strauss & Corbin, 1990). Comments in italics throughout the report are direct quotes from respondents.

## **Results**

### 60+ Respondents: Demographics

More women (57%) than men (43%) returned surveys. There is a significant range in age with most respondents being between 60 to 72 years of age. Respondents are predominantly Caucasian; less than 2% are Asian or Black African Americans. The majority of respondents are married or widowed. There is a broad range in education with the majority of respondents having completed four years of college or more. Regarding employment:

- Most respondents were retired
- 15% of respondents volunteer

### Financial Fitness

There was a wide range in reported income levels, from fewer than \$8,000 to over \$100,000 per year. Most respondents report an annual income between \$50,000 to \$74,000. A small portion of this population report not having adequate funds to cover expenses including drug prescriptions, medical treatment, dental care, and paying for health insurance. The three greatest expenses for which respondents do not have enough money are:

- Dental care
- Purchase or repair car
- Pay more than minimum balance due on a credit card

### Housing

Most of the 60+ survey respondents own their home. Others live in apartments, condominiums or housing authority dwellings. Only a few reside in an assisted living facility. Housing concerns include rising costs and home repairs for which funds are not available. Slightly more than half of respondents express a desire to continue living in Ellington.

- Over half of the 60+ respondents currently live with spouses
- Most respondents either strongly agree or agree they could continue living in their current residence for the next five years, providing their health remains the same
- Of the 19% whose current residence need repairs, more than half report they cannot afford to make the repairs

### Greatest Concerns about Staying in Ellington

Respondents' greatest concerns about staying in Ellington center on the rising cost of living, that the town will lose its rural beauty and country charm, the lack of availability of transportation, and scarcity of affordable housing for older people.

- *Prohibitive property taxes – can hardly pay them.*
- *Ellington is building up too fast. It would be too bad if it lost its country charm.*
- *No public transportation.*
- *No low income elderly housing.*

### Transportation

The majority of the respondents reported no difficulties with transportation because they still drive, or have spouses, family or neighbors who assist them with transportation needs. For other respondents, the high cost of transportation is a barrier to mobility in the community. Other obstacles to transportation include:

- Transportation that is unavailable or inconvenient
- Physical or other impairments

### Activities and Services

The majority of respondents indicate they do not need assistance with any activities of daily living (ADLs) or instrumental activities of daily living (IADLs), but over one-quarter reported needing assistance with at least one activity. The greatest need for assistance reported was help with heavy work around the house, defined as shoveling snow or washing walls. This was followed by a need for assistance with housecleaning, shopping for groceries or clothes. General comments from respondents indicate some dependency on an informal care network including spouses, children, daughters-in-law, and housekeepers.

- *My husband does all of this.*
- *My son helps with the snow.*

### Services Desired in the Future

Services that would be helpful to respondents in the future include reasonably priced maintenance service and repairs, availability of transportation, reduction in the cost of living expenses, and health services including home health aide services.

- *Good handy-man who will do yard work, repairs, etc. at a fair wage.*
- *More availability of senior center van.*
- *Lower living expenses for elderly.*

- *Help with bathing.*

Additional supports and services that respondents would like to have in the future include reduction in cost of living, availability of transportation especially for those who are handicapped, a greater range of recreational activities, and affordable health services.

- *Ellington is a great place to live, but the older people can't afford the taxes.*
- *We have the van, let's utilize it to its fullest potential!*
- *Expand on senior handicap transport.*
- *Recreational facility with heated pool.*
- *The most frightening part of aging is the lack of any savings, health, and life insurance, and the inability to take care of dental and medical issues for my wife and myself.*

#### Senior Center: Activities and Outlook

While less than 10% of respondents currently attend the Ellington Senior Center regularly, many indicate an interest in future activities. This includes activities involving travel and trips, fitness programs, computer classes and other educational and financial information programs. Some respondents indicate they are not familiar with the Senior Center and the services and programs it offers while others are not yet thinking about participating in the activities it has.

- *At this time I still don't think of myself as a senior.*
- *Maybe I'll use it in the future when older and not working.*

#### Programs for Ellington's Older Adults

Programs Ellington's 60+ respondents would like offered to them include a wider range of recreational activities, educational programs, health services that include prescription discounts and medical screening, and reduction in cost of living that includes tax relief or discounts on taxes.

- *Safe and reasonable inexpensive exercise programs.*
- *Computer classes.*
- *Nutritional/Dietary programs.*
- *Senior discount on property taxes.*

#### Health

Over three-quarters of the 60+ respondents reported themselves to be in good or excellent health. Nearly all respondents have a regular doctor, and more than half report seeing a doctor or other health care professional one or two times in the last three months. Nineteen percent of respondents report not seeing a doctor or other



health professional at all in the last three months. Ninety percent report that they do not smoke.

In response to a question on depression, most respondents indicate that depression is not a problem. Of the 10% that report being depressed:

- More females than males were depressed.
- Older (80-85+) respondents are not significantly more likely to be depressed than their younger aged counterparts.

### Social Support

Most of the 60+ respondents report having a large social support network including close relatives. The majority of 60+ adults report being very mobile and leave their home daily; only 3% report being homebound. Reasons for degrees of impaired mobility include: health problems, lack of transportation, and cost of transportation.

### Caregiving

Less than a quarter of respondents are caregivers for a spouse, other relative, or friend who resides in Ellington or in a nearby community. The majority indicate that caregiving is not burdensome. The most frequent services used in caregiving are visiting nurse and home health aide services. Other caregiver services include:

- Homemaker services
- Senior Center van

### Insurance and Prescription Coverage

Over two-thirds of 60+ respondents have private health insurance followed by nearly two-thirds who have Medicare. A small percentage report having no health insurance and most do not carry long-term care insurance.

### Veteran Information

In response to the Ellington Human Services Commission's interest in veteran status, one section of the survey focuses exclusively on veterans. Twenty-nine percent of respondents are veterans having served in World War II, the Korean War, or Vietnam War. Eleven percent of veterans receive a pension, and a small number indicate they are disabled. Twelve percent of respondents are a widow or widower of a veteran.

### A Bright Future for Ellington

Respondents want Ellington to maintain its rural, small town feel and don't want the town to become too commercial. They suggest that a more stable tax rate,

affordable housing for older people, and better transportation services would make Ellington a better place to live.

### Boomers: Demographics

Out of a total of 408 Boomer respondents, more women than men returned surveys. Boomers ranged in age from 38 to 59 with most respondents being between 43 and 54. The majority of respondents are Caucasian; Asians, Black African Americans, and Hispanics are underrepresented. There is a broad range in level of education with most having a college degree. Less than 10% volunteer.

### Financial Fitness

The majority of Boomer respondents indicate they are employed full time while a small percent report working part time. Very few report being either unemployed or retired and not looking for employment. Most respondents are employed as a state/city employee or in education. Others are employed in healthcare, business, manufacturing or a skilled trade.

Boomers have a wide range in reported income levels from less than \$10,000 to over \$100,000 with most incomes between \$50,000 and \$74,999 or over \$100,000 annually. Over three-quarters of respondents indicate they are saving for retirement and 13% report having long-term health care insurance. Boomers report that financial challenges include not being able to save enough money for vacation and retirement, and lacking sufficient funds to pay more than the minimum balance due on a credit card.

### Housing

Most Boomer respondents reside in their own home. Others live in apartments and condominiums; very few indicated living in an assisted living facility or with a child in their home. Preferred future housing includes:

- Owning a home
- Private apartment
- Condominium

Less than one-third (31%) of respondents rate remaining in Ellington as very important as they grow older.

### Greatest Concerns about Staying in Ellington

The greatest concern Boomers have about staying in Ellington as they grow older is the cost of living. Respondents are also concerned that the town is losing its country charm and small town appeal. In addition, respondents indicate a concern

about the rising cost of homes and limited senior housing as well as lack of available public transportation.

- *Will I be able to afford living here after I retire?*
- *Gotten over developed, lost or losing its country charm.*
- *Price of housing is out of control.*
- *Limited senior housing.*
- *Concerned about mobility – after driving privilege is gone.*

## Health

More than half of Boomer respondents report themselves to be in good or excellent health. Nearly half of the Boomer respondents report seeing a doctor or other health care professional one or two times in the last three months, and almost one-third indicate they have not seen a doctor or other health care professional at all in the last three months.

In response to a question on depression, data indicate that depression is a problem for 12% of Boomer respondents. Of the 12%, more females than males are depressed.

Boomers report a wide range of medical conditions and disabilities that limit their activity including:

- Asthma
- Diabetes
- Multiple Sclerosis
- Osteoarthritis

Less than one-third of Boomers report they don't exercise at all or only occasionally. Eight percent indicate they exercise one to three times a month. One-third report exercising one to three times a week, and one-quarter indicate they exercise four to seven times a week. Reasons given for not being physically active include:

- Lack of time
- Lack of motivation
- Gym membership fees are unaffordable
- Family responsibilities including child care
- Health conditions

Survey results show that 86% of Boomers do not smoke.

Although 43% of Boomers indicate they will have private health insurance when they retire, 30% are unsure of the kind of coverage they will have.

## Social Support

Boomer respondents reported having a large social support network. Most have a relative or close family member they can turn to for help, but 18% indicate they have no one they can ask for assistance.

Boomer respondents are an active, employed population. Most work on a daily basis and when not working, they visit family and friends. Other common activities include:

- Going to a movie, restaurant or sporting event
- Attending church
- Continuing education
- Leisure activities

## Caregiving

Many Boomer respondents reported being caregivers for a spouse, friend, or other relative residing in Ellington or in a nearby community. Memory problems are present in over one-quarter of family and friends needing help. Most report that caregiving is somewhat difficult while fewer indicate it is very difficult. Fourteen percent report caregiving is somewhat easy and 15% indicate it is very easy. While most respondents indicate they have not missed work to fulfill caregiving responsibilities, nearly a third have missed one to six days of work in order to fulfill caregiving responsibilities.

Most Boomers rely on the unpaid caregiving services of family and friends. For those that use paid services, the most frequent services used include:

- Visiting Nurse services
- Home health aides
- Meals on Wheels
- Homemaker services
- Adult Day Care
- Hospice
- Senior Center van

More than one-third of respondents indicate that because they are employed, it is challenging to provide transportation for the person they care for. Lack of options and cost of transportation are other challenges mentioned.

Respondents indicate that some of the following services would be helpful to them in caregiving:

- Transportation
- Home health aide

- Homemaker services
- Assisted living

Some Boomers report a desire for more active community outreach:

- *An elderly outreach program which would provide day trips for seniors and such activities local to give the elderly something to do.*

Additional services desired for older adults include:

- Affordable and accessible transportation
- Recreation activities
- Social services
- Reduction in the cost of living
- Affordable housing
- Town-wide handicapped accessibility

#### Senior Center: Activities and Outlook

Sixty-four percent of respondents are interested in travel or trip activities sponsored by the Senior Center. Boomers are also interested in a fitness center or recreation at the center. Some indicate an interest in volunteer programs, education classes, or financial information programs. Fewer respondents are interested in cooking, crafts, and nutrition activities.

Most Boomers agree that the senior center plays a role in the lives of loved ones, friends, and neighbors. Areas of interest they would like to pursue within the context of the senior center include:

- Travel, trip activities
- Fitness, recreation
- Education
- Volunteering
- Financial workshops

Many Boomers indicated various ways to make Ellington a friendlier place such as:

- Increase public safety and quality of living
- Improve Department of Transportation services
- Expand shops, restaurants, and develop businesses
- Expand services, such as respite services, longer library hours
- Develop and maintain parks for leisure and recreation
- Greater affordability – lower taxes
- Affordable community social events

## A Bright Future for Ellington

Boomers indicate that they want the open spaces and rural nature of Ellington maintained. They suggest that a more functional and supportive town will adopt a long term vision for growth and development and be more financially responsible. Respondents hope for more zoning control, a reduction in the cost of living, and recreational activities for leisure time. They also indicate that more reliable and convenient transportation would make Ellington a more supportive place to live.

- *Keep Ellington rural please.*
- *More financial responsibility on the part of our town government.*
- *Control zoning – more attractive businesses.*
- *Less housing developments.*
- *Need additional commercial development to support tax base.*
- *More activities for ACTIVE older adults (55+.)*
- *Available transportation for those who don't drive.*

### Additional Development of Businesses

Forty-eight percent indicate they would like to have more restaurants. Forty-five report they would like a fitness/sports center, and 39% would like additional health care services. In addition, 34% would like more entertainment and 31% would like additional retail shops. Other specific responses included: theaters, Walmart, a garden center, and light industry.

### Location of additional businesses

Most respondents (28%) indicate they would like additional businesses that are village style. Five percent would like additional businesses located along a central corridor, and another 3% would like them in their neighborhood. An additional 15% want businesses located in an industrial park or along Route 83. In contrast, other respondents do not want additional businesses located anywhere in the town.

### Additional Boomer Comments

Respondents strongly indicate how much they like Ellington and suggest that planned and thoughtful development is necessary as the town continues to experience rapid growth.

- *Growth and progress are good! Just make sure it's through a controlled thoughtful planning mechanism!*
- *Town dollars need to be spent wisely.*

In addition, Boomers are concerned about the cost of living and tax rate in Ellington and some don't think they'll be able to remain in the town if costs go higher.

- *As I get older affordable living is my main concern.*
- *Let's keep Ellington affordable.*

In addition to the cost of living, respondents indicate there is a significant need for affordable housing and a broader range of living options.

- *I love this town, but seniors need a one floor place that is both reasonable in cost and bigger than a closet.*

### Focus Groups

Three different focus groups were conducted: one at the Senior Center, one at Snipsic Village, and one with youth. Thirteen people participated in the Senior Center group, seven people in the Snipsic Village group, and five individuals comprised the youth group. Ages of participants in the three groups ranged from 15 to 93.

Potential focus group participants were identified by the Ellington Human Services Commission. These Individuals received a letter of invitation to participate, followed by a telephone call from a member of the research team. The sessions were approximately 1 and 1/2 hours in length, and were conducted in locations familiar and accessible to participants on 8/17/05. A drawing for a \$50.00 gift certificate was held at the end of each group.

In response to a series of guiding questions, common themes that emerged from the three focus groups include positive aspects of living in Ellington as well as concerns about the future of Ellington. Overall, participants like living in Ellington because it has a country atmosphere, it's a small community, it's safe, and the people are friendly.

- *The parks are lovely.*
- *I love the country atmosphere.*
- *The people in Ellington are caring.*
- *It's a small community.*
- *It's pretty safe...not much crime.*

Most participants want to remain in Ellington as they grow older but are concerned that Ellington will lose its small town feel and that the rapid growth it is experiencing won't be managed properly or wisely. Although many participants feel taxes and development should be reduced, they want to increase the budget to provide better programs and services to both seniors and youth.

- *Reduce taxes.*
- *A moratorium on building houses.*
- *I want my money to benefit what's important to me. I want money to go to schools and the elderly.*

### Key Informant Interviews

Eight individuals, representing town official/civic organizational leaders and community/medical service providers completed interviews. These two groups provided a mix of people who are representative of the characteristics of the Ellington community. Further, because of their commitment to the town and the leadership and services they provide, these interviewees contributed significant information.

Interviews were conducted between 8/22/05 and 8/31/05 during which several common themes emerged and were similar to focus group themes.

Informants mentioned many positive aspects of living and working in Ellington.

- *It's a pleasant town, a positive place to raise a family. It's a safe community.*
- *Ellington is a nice place to work. The residents are very supportive.*

Informants suggested some things the town could do better: managing the rapid growth more wisely, create a master plan for development and be farsighted in planning. Many informants expressed a concern about taxes and the cost of living and suggest that a reasonable tax base is needed. In addition, informants suggested additional planning for affordable senior housing so residents can remain in the town as they grow older. Changes that informants would like to see in the town include: a larger town budget, a better vision for the use of space, better planning in developing the commercial community, more support for the educational budget, and the development of senior housing.

### Conclusion

Overall, survey respondents, focus group participants, and key informants feel positive about the town of Ellington and want to remain there. They are concerned about preserving the open space, supporting the farmers, and keeping the small town feel. There is considerable concern about how open space is currently being developed. Many participants underscored the need for the creation of a master plan to assist in managing the rapid growth Ellington is experiencing. Participants also stressed the importance of looking to the future when planning and for the need to have a balanced community in which all needs are being met equally.

Clearly, Ellington is a town people enjoy living in and they want to protect it from becoming fragmented or poorly developed. People also don't want growth to



outstrip the ability to meet community needs. The majority of survey respondents, focus group participants, and key informant interviewees agree that Ellington is one of the nicest towns around and suggest that town planners protect what they value by looking to the future and developing a master plan that will control growth carefully, protect the positive aspects of Ellington, and make it possible for residents to age in place.

## I. Introduction

People spend more money on housing than on other essential items including food, health care, and transportation. As a result of an increase in housing costs, elderly housing is currently one of the most critical issues facing the nation (Gilderbloom & Mullins, 1995). The elderly population in the United States has increased dramatically in the last century. By 2002, 59.6 million Americans were 55 and older, and of this group 5.8 million, or 9.8%, were living below the poverty level (U.S. Census Bureau, 2003). Although individuals over 85 currently compose approximately 1% of the American population, they are the fastest growing part of the elderly cohort (Hobbs, 2004). As this population continues to increase, understanding their unique care needs and facilitating supportive environments that benefit their health and enable them to live as independently as possible is critical (Tremethick, 1997).

Housing is a significant component of the overall community service system involving national, state and local levels of government, non-profit and for-profit sectors, policy specialists, planners, designers, researchers, and various interest groups (Newman, 2003). Shelter needs include housing as property (number of units), housing as a physical entity (design in response to human needs), housing as a place of protection (providing physical safety), and housing as a place for private and public interaction and socialization (providing belonging needs). Residential satisfaction has historically been viewed as a significant indicator of "quality of life" and has been shown to relate to more generalized life satisfaction (Lawton, 1980). Housing quality is not only related to residential satisfaction but also to elderly community residents' sense of community and place attachment, and intentions to relocate (Evans, Kantrowitz, & Eshelman, 2002).

High physical quality of housing was described as an inalienable right in the 1937 Housing Act that produced the initial federally assisted housing (Lawton, 1980). Not until 1974, with the passage of the Housing and Community Development Act, was a wide-scale attack launched on housing problems experienced by elderly Americans, and subsequently two general strategies rapidly emerged: actual production of housing units and homeowners and renters assistance realized through cash benefits, rehabilitation loans, small repairs, and weatherization (Lawton, 1980; Newman, 1981). Production strategy resulted in the revitalization of Section 202 subsidized housing for elderly individuals and those with disabilities as well as the provision of new construction funds for public housing as evidenced by the 94<sup>th</sup> Congress. Revision and provision of Section 312 low-interest rehabilitation loans by the 95<sup>th</sup> Congress is an example of assistance strategy (U. S. Senate, Special Committee on Aging, 1976). Comprehending the success of these strategies is crucial to grasping the characteristics and scope of housing problems in the United States.

Historically, systematic data associated with housing issues has been insufficient, but with the initiation of the national Annual Housing Survey in 1973,

which was conducted by the Bureau of the Census for the Department of Housing and Urban Development, more wide-ranging descriptions of elderly housing and associated ecological conditions and influences became known (Newman, 1981). Some key research and policy questions needing to be answered by the survey remain significant. For example, in general, what do we need to know about the living arrangements of elderly individuals, what difference will the information we gather make, and what do we intend to do with the information?

In the past, major concerns have centered on the modifications older people make in order to attain and maintain a housing situation that most adequately fits their needs (Newman, 1981). As people age, several significant changes are known to impact individuals and their housing situation: loss of employment or income, deterioration of sensory perception or health, and loss of spouse. Major changes such as this that occur at earlier stages in the life cycle frequently precipitate a decision to alter housing or living arrangements.

According to the Administration on Aging (2003), approximately 78% of older people are homeowners and while residential mobility tends to be low, what remains unknown is what happens to the majority of older people who remain in their homes. In the midst of major life changes, do older individuals take some action to modify their long-time residences so that the environment is more conducive to their needs or do their surroundings become increasingly ill-suited to their shifting needs?

While it is necessary to identify specific housing modifications, a more fundamental and challenging task is to comprehend the *process* of housing alteration decisions. For example, does the process entail chronological or concurrent decisions? Under what conditions does the process succeed and when is it unsuccessful and for what reasons? As cited in Newman, (1981, pp. 419-420), these issues introduce several relevant research questions:

1. What is the relationship between the changes which people experience as they grow older and various housing adjustments?
2. Do different life events, such as disability, widowhood, and retirement result in different housing adjustments?
3. What are the sequences and lags of life changes and housing changes?
4. Are certain types of housing units more responsive or “adjustable” to particular needs of older people than others?
5. What changes occur in utilization of housing-related services as various events occur later in life?

6. How does provision of housing-related services affect adjustment type and timing?

Specific responses to these questions would be beneficial in attempting to resolve housing issues at local, state and national levels and in creating ways to appropriately structure elderly housing assistance as well as to manage and maintain it in order to realize positive individual and community outcomes. In addition, information related to how age-induced differences in financial and physical potential affect the maintenance and renovation activity of older homeowners would be beneficial.

Other concerns relevant to the process of housing adjustment focus on the escalating expense of single-family housing and the influence of health status, social support, household composition, and economic well-being. Understanding the needs of older homeowners and the barriers they face is essential to being able to provide appropriate housing alternatives should people want them or to offering suitable assistance and support to those who prefer to remain in their homes.

Elderly Housing Needs

Gaining information about housing is essential for understanding the care and service needs of the elderly population (Newman, 2003). As the Baby Boomer generation ages and life expectancy increases, there are significant national economic and social implications (Spitzer, Neuman, & Holden, 2004). It will be a challenge to provide affordable, safe, quality housing for elderly citizens and in doing so there are questions that need to be asked and answered. For example, what is the quality of housing supply currently available? What housing characteristics will be more in demand as Baby Boomers retire? Will those who retire be able to afford quality housing that has safety features built in? Will housing be modifiable to meet the special needs of certain individuals? Will older people be able to live in neighborhoods of their choice?

Measuring elderly housing quality surpasses the traditional census definition of housing livability (Gilderbloom & Mullins, 1995). Because the American Housing Survey (AHS) is far more comprehensive than the Census of Housing, it contains a wealth of information to guide the course of future housing. The census used only two variables to describe housing quality: units lacking all or some plumbing, and unit overcrowding. Conversely, since 1985, AHS results are published in a single volume and include the following: geographic data, general information (data on tenure, building size, type), unit characteristics, unit equipment and quality, neighborhood characteristics (availability and quality of services including police protection; problems related to litter or housing deterioration; undesirable adjacent commercial, institutional, or industrial property; noise; crime, and traffic), household composition (critical for elderly housing and includes age, gender, race, educational attainment, etc.), income (family income, subsidies, income from

additional sources), utilities (fuels for cooking, cooling, heating and costs), housing cost (monthly mortgage, rent costs, condominium or mobile home park fees, insurance expenses, and taxes), and mobility (history of past and projected moves).

Data from the AHS survey are reliable and valid because the same variables are used in each survey and the same methods are used to collect data each time the survey is repeated in a biennial cycle. Limitations of the survey include the failure of survey designers to incorporate adequate questions related to elderly housing, which is significantly different from the housing needs of younger people. One of U. S. Department of Housing and Urban Development's (HUD) goals for AHS is to measure whether or not the housing environment is *adequate* for elderly individuals (Gilderboom & Mullins, 1995). Thus, questions measuring proximity to family, friends, shopping malls, medical centers, and senior centers as well as infrastructure design are necessary. Questions related to similar people, sidewalks, zoning, decent air quality have also been noted to be areas of consideration when older people are seeking housing. In addition, availability of ramps, hand rails, and meal services are important to seniors.

Findings from the AHS indicate that while older people value home ownership, 20% of elderly households are below the poverty line, and more than 70% of this group pay more than 25% of their monthly income on housing. When the breakdown is based on occupancy status, 30% of homeowners pay more than 25% of their monthly income on housing while 70% of renters pay more than 25% on housing and related costs (Gilderbloom & Mullins, 1995). Thus, there is significant economic inequality of the occupancy groups due to the proportion of income attributable to housing and associated expenses. There is a clear need for programs to lessen the economic consequences of aging and retirement.

### Residents' Housing Expectations

Research shows that individuals who own their own home and who are connected to the community expect to “age in place” through appropriate modifications of their home (Robison & Moen, 2000). In addition, an increasing trend towards “aging in place” and not “becoming a burden” or being dependent on offspring for housing, reflects the desires for and expectations of the current older generation to be autonomous. This finding implies a growing need to provide arrangements for alternate housing and community-based long-term care to enable elders to maintain their sense of independence.

Migration literature demonstrates that older individuals who have strong community ties are not as prone to moving; this is reflective of continuity in life patterns (Robison & Moen, 2000). In fact, the longer an individual inhabits their home, the more likely they are to expect that they will remain there permanently. In addition, research shows that the longer men live in a home, the more likely they are to “age in place” and make the necessary home improvements in order to

remain there. Conversely, length of time in a home does not influence women's expectations about remaining in their home but does predict their lower expectations related to moving to a retirement community as well as obtaining a reverse mortgage or home sharing, which would allow them to "age in place."

It is clear that while many Americans plan on remaining in their homes as they age and will need access to community-based services, others expect alternate housing options and are interested in different mechanisms to finance such arrangements as well as long-term healthcare needs. In the future, it may be useful to construct policies and practices that enable individuals to learn about and review housing options so their housing expectations are shaped more closely to realities of their future needs and available resources.

In housing research, residential satisfaction is a strong indicator of "quality of life" (Lawton, 1980). Thus, exploring residential satisfaction is important in itself and also for its contribution to the more general concept of well-being. In order to understand and improve the quality of living environments, it is necessary to determine the conditions under which subjective perceptions of environmental quality are expressed. Data from the AHS indicate that it is important to know how both the quality of housing and residential satisfaction differ across societal statuses and variables related to demographics and housing (Lawton, 1980). Thus, it is necessary to collect data regarding: "*Personal characteristics of the head* (age, gender, race, education, household size, income), *Tenure* (owner versus renter and no cash rent), *Geographic region* (state location, metropolitan, urban, rural residence), *Household characteristics* (household size, occupants – including nonrelative), *Objective housing characteristics* (age of structure, length of occupancy, number of units in structure, and number of floors in structure), and *Mobility* (moved to unit within past 12 months)" (Lawton, 1980, p. 312). As noted by Lawton (1980), correlations that are useful to analyze in the process of understanding residential satisfaction and "quality of life" include:

1. Which personal, demographic, and primary housing characteristics are associated with housing/neighborhood satisfaction?
2. How are relatively objective indicators of housing quality correlated with an older individual's satisfaction with the residential unit?
3. Which specific perceived community attributes contribute most to the older individual's satisfaction with the local environment?
4. Do the determinants of housing quality and housing and community satisfaction differ among subgroups of older adults?

Research indicates that objective quality is a significant component in the judgment of subjective quality and that certain status and housing variables are associated with level of housing satisfaction (Lawton, 1980). For example, some

factors that have been associated with objective and subjective housing quality include: high socioeconomic status, currently married, male head-of-household, white race, owner occupancy, and newer structure dwelling.

In an effort to advise planners and municipal officials, it is important to determine which housing characteristics are related to overall neighborhood satisfaction. For example, neighborhood crime, dilapidated dwelling units, street noise, trash, and litter have been noted in the literature to affect satisfaction with the immediate environment, but the most significant negative correlation affecting neighborhood satisfaction was public transportation (Lawton, 1980).

Research indicates that removing physical deficiencies in housing improves perceived residential quality. However, residential satisfaction has also been associated with personal factors such as loss of hope and inadequate knowledge regarding other ways of living (Lawton, 1980). This implies that there should be an emphasis on creating service solutions to assist individual residents in a more targeted approach.

#### Mental Health, Wellness, Quality of Life

The population of older adults in the United States is expected to reach 70 million by 2030 and will represent the most heterogeneous group in history in terms of ethnicity, income levels, living arrangements, and quality of physical and mental health (Weiner & Goldberg, 2003). An increase in life expectancy necessitates multiple options for living out one's life. In the current climate, housing and housing policy is an essential ingredient for wellness. In addition, existing aging consumers are independent and view privacy and social engagement on their own terms. It is important for housing providers to understand the extent of this cohort's expectations, concerns, and desires and respond accordingly.

In assessing residential satisfaction and quality of life of older community-dwelling adults, there are several mental health challenges that should be explored since efforts to examine these issues have been limited. Potential areas of research include: alcoholism and substance abuse, cognitive impairment and dementia, depression, and mental illness. Unrecognized or undetected problems not only affect the community but diminish the likelihood of treating the person exhibiting a problem that may be treatable given access to suitable services (Sheehan, 1992).

According to Weiner and Goldberg (2003), mental health practitioners will have key roles in communities, programs, and services grounded in a wellness model. Such roles can range from the creation and conceptualization of programs and services that are holistic, senior-centered, and empowering to the direct provision of assessment, treatment, and referral services.

Characteristics that should be promoted in any community and amongst its older citizens include self-acceptance, positive relations with others, autonomy, environmental mastery, purpose in life, and personal growth (Ryff, 1986). Housing endeavors guided by these objectives will create environments that foster successful aging and enable continued human development.

### Community Empowerment of Seniors

Personal empowerment, control, and decision making have significant ramifications for care planning and put a positive face on aging in the years ahead. Overall, Baby Boomers don't view the later years of their life through a lens of loss but through gains and prosperity; however, while many function within a framework of optimism, there are others for whom insufficient finances, isolation, and poor physical health will remain significant issues (Weiner & Goldberg, 2003).

Empowerment implies both giving power to individuals and removing barriers or obstacles. In a variety of housing, health, and social settings, there are ways to provide concrete and creative models to preserve the dignity and autonomy of aging adults (Heumann, McCall, & Boldy, 2001). Ways to work toward enhancing empowerment for elderly people in the community include: prevention orientation (focusing on the prevention of risks), effective evaluation (utilizing all facilities and resources to assess available options and to maximize individual outcomes), investigation of needs (providing formal and informal services with an understanding of their meaning and role in supporting the objective of an intended level of personal independence in a flexible and accommodating manner), utilization of information technology (isolation from information is a key hindrance to more informed and progressive forms of empowerment), and promotion of participation (in the context of self-actualization, this is helping people to understand and realize their abilities and desires to achieve goals associated with autonomy) (Anme, 2001). Of these empowerment mechanisms, information systems may be the most important and has been described as "the lubricating oil for the total system, supplying the necessary means to keep the system fluid and working" (Anme, 2001, p. 74).

A housing survey conducted in Contra Costa County, one of the nine counties in the San Francisco-Oakland Bay Area, was used to gather information about housing needs and the desires of older residents, but also illustrates several definitions of empowerment (McCall, 2001). First, involving older individuals in the information-seeking process through a survey puts them in a position of reflecting and deliberating on their present position as well as considering where they might be in the future and how their current values can inform their future goals. Second, the process of collecting information from senior citizens engaged them in the individual process of planning and advanced thinking. Third, the process allowed them to feel empowered in the political arena in ways they may not have experienced before.



While some older middle class individuals may be resistant to the survey process and may not want to discuss financial issues or admit to a decline in physical capabilities, for those with very low incomes, the fears and degree of resistance rise dramatically. For these seniors, their ability to remain in their dwellings is based on their ability to be autonomous. These people have been marginalized in our society most of their lives, have not had the educational, training, or occupational opportunities others have had and may be reluctant to acknowledge any level of neediness. Understanding the background of such people is an important contextual component that is often overlooked when trying to develop and deliver services to seniors and should not be ignored in the effort to empower *all* community-dwelling seniors (McCall, 2001).

### Special Populations and Community-Based Assisted Living

Assisted living has emerged as an alternative for persons requiring significant levels of personal care, yet not needing 24 hour skilled care in a nursing facility (Wilson, 1993). It provides a basic level of support in the continuum of community-based long-term care and is one kind of housing that has the potential to play a significant role in constructing the competency of mentally and physically frail older individuals (Regnier, Hamilton, & Yatabe, 1995).

The concept of assisted living embraces the potential for magnifying resident competency by utilizing programs that intervene to stabilize, construct, and maintain increased levels of mental and physical function. While use of architecture in assisted living is a deliberate way to increase therapeutic potential, much of the literature focuses on institutional settings, and therefore architectural possibilities in assisted living remain an underexplored subject in design and in clinical aging research (Regnier, 1997). However, physical competency is well represented in the physiology literature with benefits of activity generation, exercise, movement therapy, peer support, and family interaction being underscored (Regnier, 1997).

In response to a mail questionnaire, 104 older community-dwelling people with mobility impairment provided important data on ease-difficulty and independence-dependence in routine household activities as well as accessibility characteristics of current housing (Connell & Sanford, 2001). The prevalence of accessible features in participants' homes was found to be significantly low, especially in relationship to ramps, grab bars, and lavatories. People with disabilities are often not recognized as potential consumers on innovative housing and service programs intended to assist older people so they can remain in the community. In order for individuals with disabilities to "age in place," it will be necessary to give careful attention to household modifications and assistive services (Connell & Sanford, 2001).

According to Damron-Rodriguez, Harada, and McGuire (2001), one-third of older adults living in assisted living are isolated from contact outside of the facility

and didn't participate in social activities within the facility. Another third had consistent familial contact and a remaining third had more limited social supports (Damron-Rodriguez et al., 2001). The blurring of informal and formal help is an important area that needs exploration in community-based care and interviews with family caregivers would be valuable in providing supplemental information for those living in assisted living facilities.

## A. Purpose

The purpose of this study is to explore the current and future needs of Ellington residents who are fifty and older. Important topical areas include: demographics, financial fitness, housing, transportation, activities and services, health, social support, caregiving, insurance and prescription coverage, and programs. In addition, the study highlights concerns residents have related to living in Ellington, as well as any services and programs residents would like to have in Ellington in the future. This study examines key variables that contribute to good housing and services for elders and provides information to help the town of Ellington manage significant changes occurring in their community.

The survey sample was divided into two groups: 1) Ellington residents 60 years of age and older (referred to as the 60+ survey); and 2) Ellington residents born between 1946 and 1964 (referred to as the Boomer survey). A survey was designed for each of the two groups with similar or identical questions appearing about one-half of the time. This not only allowed for comparative analysis between populations, but also afforded the opportunity to ask questions specific to each group.

## II. Sample and Methods

### A. Sample Selection

At the inception of the project, the Ellington Human Services Commission provided two Excel databases compiled from the voting register; each included names and addresses of residents residing in Ellington. The original database listing all voters consisted of 10,021 names. This database was separated into two files. The first file consisted of 2,396 people born prior to 1946 (60+), while the second included 4,118 individuals born between 1946 and 1962 (Boomer). Those people born between 1965 and 1987, who ranged in age from 18 to 40, were excluded.

To ensure a large enough sample for statistical analysis, random samples of 1,000 of the 60+ group and 1,000 of the Boomer population received the survey.

## B. Survey Administration

A modified Dillman (1978) methodology was employed with the mailed surveys for both the 60+ and Boomer populations (see Appendices A and B). Dillman's Total Design Method (1978) attempts to maximize response rates to mail surveys through several techniques, which were followed in the administration of both surveys. First, confidentiality of the respondent and their responses must be assured. Second, a self-addressed, postage-paid return envelope is included with the survey. This has been shown to increase response rates by 7% or more (Choi, Pak, & Purdham, 1990). Third, follow up is done at assigned intervals targeting those who have not returned their survey. Other survey methodology used to maximize response rates in this study included sending a personalized cover letter with each survey mailed, giving a date for expected response, and printing the survey on colored paper (King, Pealer, & Bernard, 2001).

Both the 60+ and Boomer surveys were administered as mailed questionnaires. A copy of the survey was mailed two different times. The first copy of the survey was mailed with a cover letter signed by the First Selectman of Ellington, Dennis Milanovich, and Cynthia Gruman, Principle Investigator for the project, inviting residents to participate. The cover letter explained the purpose of the study and all confidentiality procedures.

Respondents who returned surveys within ten days of the first mailing were eligible for a drawing. Four names were selected from this group to receive \$50 gift certificates from a local grocery store. A reminder letter was sent one week after the first mailing, indicating a second survey would be sent in two weeks. A second copy of the survey, cover letter, and postage-paid envelope was mailed to nonresponders two weeks after the reminder letters were mailed. The deadline for returning all surveys was one month after the first mailing. Despite this stated time limit, returned surveys continued to be collected and were included in the analysis until the report was ready to be finalized.

## C. Focus Groups

Focus groups are intended to gather in-depth information, requiring careful selection of "information rich" cases to generate the most productive discussions (Patton, 1990). Mixed sampling methods are frequently used in community based evaluations to meet multiple interests and needs. To meet the sampling objectives for this project, a stratified purposeful technique was employed. This yielded three focus groups with five to thirteen members in each. In accordance with the study objectives, one focus group consisted of older adult residents of Ellington, another group consisted of low income older adults currently living at Snipsic Village, and the third group consisted of youth between the ages of 15 and 19.

Recruitment was accomplished in collaboration with the Ellington Human Services Commission. Individuals that were identified received a letter of invitation to participate, followed by a telephone call from a member of the research team.

Upon arrival, participants were asked to complete an 8-item structured questionnaire gathering sociodemographic information (see Appendix C). Data included age, gender, marital status, education, living arrangements, monthly household income, and total family income before taxes. No personal identifiers were used, since data were to be reported in the aggregate (by focus group), and anonymity was promised. Participants were also asked to read and sign a statement of written informed consent.

The sessions were approximately 1 and 1/2 hours in length, and were conducted on August 17, 2005 in locations familiar and accessible to participants. A team of two researchers conducted each focus group. The primary moderator was responsible for facilitating the group discussion in accordance with the discussion guide. The second moderator assisted with clarification of discussion points, adherence to time schedules, completion of informed consent and demographic forms, and all logistics (audio equipment, refreshments, etc). At the end of each focus group meeting, a drawing for one \$50.00 gift certificate was held.

A series of fourteen guiding questions was used to generate discussion in the Senior Center and Snipsic Village groups and eleven guiding questions were used in the Youth group (see Appendices D and E). The focus group guide was developed by a multidisciplinary team. Unlike individual interviews, focus groups generate ideas and information through the give and take of group discussion. This allowed the research team to learn not just what people thought, but why.

#### D. Key Informant Interviews

The Ellington Human Services Commission provided a list of potential key informants who were initially contacted by letter with an invitation to participate. Within one week, they were randomly selected to be called. All those who were called were either interviewed at the time they were reached or scheduled a more convenient time to be called and interviewed.

Eight individuals, representing town official/civic organizational leaders and community/medical service providers completed interviews. Interviews were conducted between 8/22/05 and 8/31/05. They were an average of 14 minutes in duration, with a range of 10 to 20 minutes.

This qualitative component of the project used exploratory research techniques. An interview guide comprising a series of "grand tour" questions was developed by a multidisciplinary team, including two social scientists and a

gerontologist. Through standardized probes to open-ended questions, key informants were encouraged to provide insights and views on pertinent issues related to the town of Ellington. The interview guide is attached as Appendix F.

#### E. Confidentiality and Privacy

The research team's history of successful, confidential survey research primarily with older community living adults would not be possible without the numerous safeguards implemented to ensure protection of each participant's rights and confidentiality. All research must be approved by the University of Connecticut Health Center's Institutional Review Board, which strongly considers the protection of a research participant's privacy and rights when making this decision. In addition, all members of the research team have had both general and advanced Health Insurance Portability and Accountability Act (HIPAA) training, which focuses on protecting the rights and privacy of protected information received from research participants. Finally, all researchers personally sign a statement of confidentiality, agreeing to keep confidential all restricted information given by participants. All of these measures help safeguard any confidential information given by a research participant in all projects conducted by the research team.

#### F. Response Rates

Calculating a response rate for this study is straightforward. The response rate takes into account the varied reasons for nonresponse and modifies the denominator accordingly. This step allows for a clearer understanding of true nonresponse to the survey by eliminating factors that make it impossible for subjects to answer, such as death, incorrect address, or moved. The response rate equation is as follows:

$$\frac{\text{Completed surveys}}{\text{Total number of possible respondents} - \text{Subjects not reachable}}$$

For the 60+ population, the total denominator decreased from 1,000 to 800 as a result of 29 deceased, 171 incorrect address/moved. For the Boomer respondents, the total denominator decreased from 1,000 to 860 as a result of 140 incorrect address/moved.

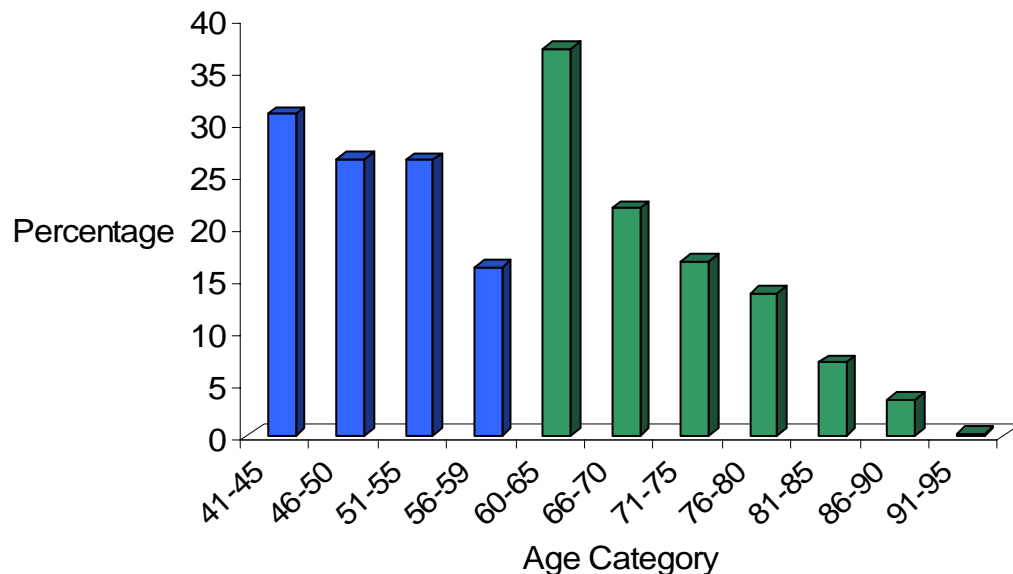
The final response rate for the 60+ population was 63% with a total of 500 surveys returned. The final Boomer response rate was 47% with a total of 408 surveys returned. Both response rates are considered excellent for mail survey research.

When looking at the percentage of responses by age category, it is clear that the 60+ respondents between 60 and 65 were the most responsive and Boomer respondents between 41 and 45 were the next most responsive (see Figure 1).

Both surveys address issues related to aging and older adults, including financial fitness, housing, transportation, activities and services, health, social support, caregiving, insurance and prescription drug coverage, and programs. This focus is deliberate and in response to the Ellington Human Services Commission's wishes for a survey, the results of which are expected to guide plans for current and future elderly citizens. It is natural and expected that Ellington residents age 65 and over would have more of an interest in these issues and, therefore, would be more likely to respond to such a survey.

Intrinsic motivation evident in the Older Adult population that was surveyed is not as likely to be manifest amongst the Boomer population. Middle-aged or young-old Boomer population may not be ready yet to think about retirement, growing older, or any of the life changes that aging may bring. It is often difficult to get people to plan for their own future, let alone the future of their community. Boomers may also see no direct benefit in completing the survey, or erroneously feel that, "This survey is for old people," or "This doesn't have to do with me." Time may be another factor, as Boomers may be too busy working, caring for their homes, sending children to college, helping older children with their families, and caring for their elderly parents to take the time to respond to a survey. Thus, the difference in the response rate between Older Adults and Boomers is both understandable and acceptable.

Figure 1  
Breakdown of Respondents by Age Category



#### G. Data analysis

All data were entered into Microsoft Access tables. This program is suitable to enter both quantitative and qualitative (open-ended responses) information. After data collection was complete, the data were converted to SPSS version 13.0, a statistical software package designed for both simple and complex analysis.

Data were analyzed question by question, with a series of basic results computed: frequency, average, and percentage. Several two way tables were also computed.

As is typical with survey data, response errors occurred, many requiring some type of data transformation. Most are straightforward and easy to correct (i.e., an individual reporting their date of birth as 1412 would be recoded to missing). One confusing error encountered was in the analysis of skip questions. Individuals who answered “no” to a question that then required a skip were theoretically expected to skip to the next designated section. However, several respondents to the survey provided data for questions that should have been skipped. For example, a respondent would indicate “no” to a caregiving situation, but go on to indicate that the care recipient had “moderate memory problems.” Mirroring analysis conducted in similar studies, items embedded within skip questions that appeared to be inappropriately answered were recoded to missing values.

The final stage of the statistical strategy was the analysis of the open-ended questions using qualitative methods. Responses to open-ended questions were entered into the computer directly as written. Each of the major open-ended questions was analyzed separately. Recurrent themes were noted, and text was clustered under these themes until no new themes emerged. The five open-ended questions in the 60+ survey are listed below:

- ❑ What services would you like to have or could use in the future?
- ❑ What programs do you think Ellington should offer to older adults?
- ❑ What are your greatest concerns about living in Ellington in the future?
- ❑ What would make Ellington a more functional or supportive place to live in as you grow older?
- ❑ What additional services do you think Ellington should offer to older adults?

The five open-ended questions included in the Boomer survey are listed below:

- ❑ What are your greatest concerns about staying in Ellington as you grow older?
- ❑ What services would you like to have or could use in the future?
- ❑ What would make Ellington a more functional or supportive place to live as you grow older?
- ❑ What additional services do you think Ellington should offer older adults?
- ❑ Is there anything else you would like to add?

An audiotape for each focus group was made to allow for clarification of points and preparation of transcripts for content analysis. The interpretation of findings used the focus group as the unit of analysis. This meant that themes were identified and attributed to a particular group, as opposed to a specific group member.

Codes are applied to text through use of “nodes,” or categories. The node structure was developed based on *a priori* hypotheses as well as from interpretation of participant comment (Constas, 1992). A total of 20 nodes were ultimately developed, and served as the basis for text review and organization of transcript data. Focused coding procedures were used to analyze the data (Morse & Field, 1995). As transcripts were coded, recurrent themes were noted.

Data analysis for key informant interviews was done from detailed interview notes taken by a member of the research team during the interview. Content analysis was performed in accordance with standard qualitative techniques (McCracken, 1988; Spradley, 1979). Notes were analyzed line by line in order to identify and interpret discussion content. Major concepts supported by direct



quotations were organized into common themes for each of the “grand tour” questions. The properties of common themes were explored using the constant comparative method, comparing like statements to ensure a fuller understanding of each theme, and text was clustered under specific themes until no new themes emerged (Glaser & Strauss, 1967).

### III. Results

#### A. 60+ Respondents

##### 1. Demographics

Respondents to the 60+ survey range in age from 60 to 93, with a mean age of 69.8 years old (SD = 7.7 years). Fifty-seven percent of the respondents are female and 43% are male. The majority of respondents are Caucasian (98%), followed by 2% listed as Black or African American and “Other.”

More than half (70%) of the respondents are married. Nineteen percent are widowed (n=89), 9% divorced or separated, 2% are never married, and .4% are living together as though married.

The majority of 60+ respondents (99.6%) report English as their primary language. This is followed by .4% Spanish (n=2). As the survey was printed in English, monolingual Spanish speakers could not complete it without help.

The level of education of respondents ranges from 8<sup>th</sup> grade or less (2%) to a college graduate or more (31.5%), with the majority having four years of college or more (31.5%) followed by 27% having a high school degree/GED. As can be expected with this population, the majority of the respondents indicate they are retired (59%). Seventeen percent indicate they work full time, 14% work part time, and 6% are unemployed. In addition, 77 respondents (15%) report that they volunteer. The demographic data for the 60+ respondents are shown on Table 1 below.

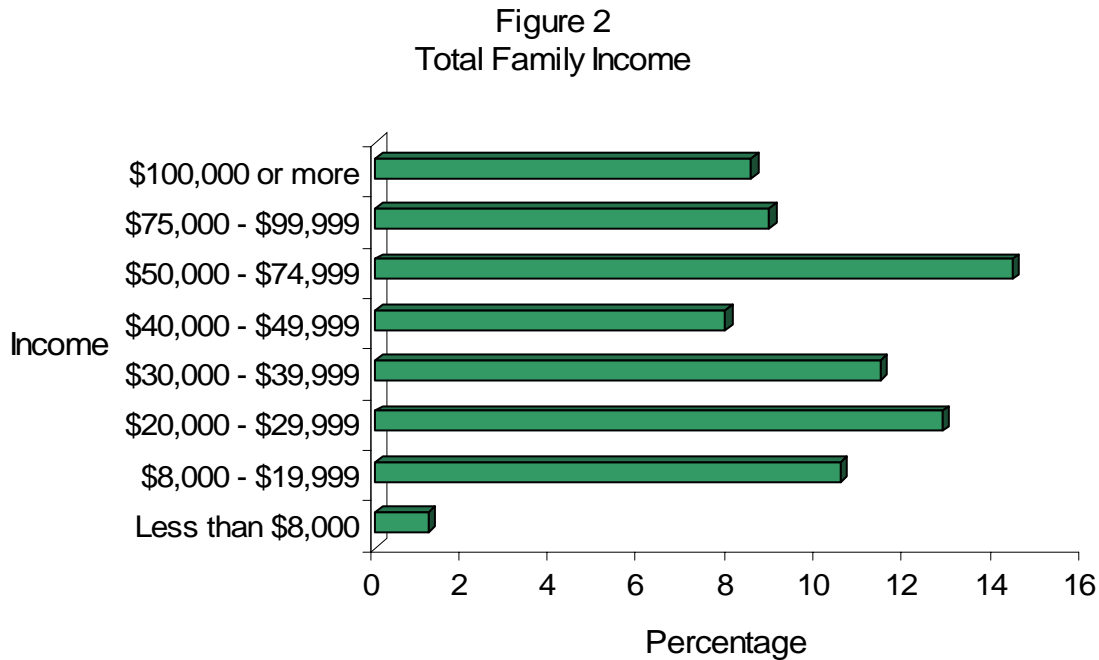
Table 1  
60+ Demographic and Socioeconomic Characteristics

		Project Total N=500	
		N*	%
Gender			
	Male	206	42.8
	Female	275	57.2
Age			
	60-64	147	30.8
	65-69	103	21.6
	70-74	86	18.0
	75-79	66	13.7
	80-84	44	9.3
	85+	22	4.5
Race			
	Caucasian	471	98.0
	Black or African American or other	9	2.0
Marital Status			
	Married	338	70.3
	Widowed	89	18.5
	Divorced or separated	43	8.9
	Never married	9	1.9
	Living together as though married	2	0.4
Education			
	8 <sup>th</sup> grade or less	11	2.3
	Some high school	38	7.9
	High school graduate/GED	132	27.4
	Technical school/community college	45	9.3
	Some college/two-year degree	104	21.6
	Four years college or more	152	31.5
Volunteering			
	No	423	84.6
	Yes	77	15.4

\*Column totals may be less than 500 due to missing data

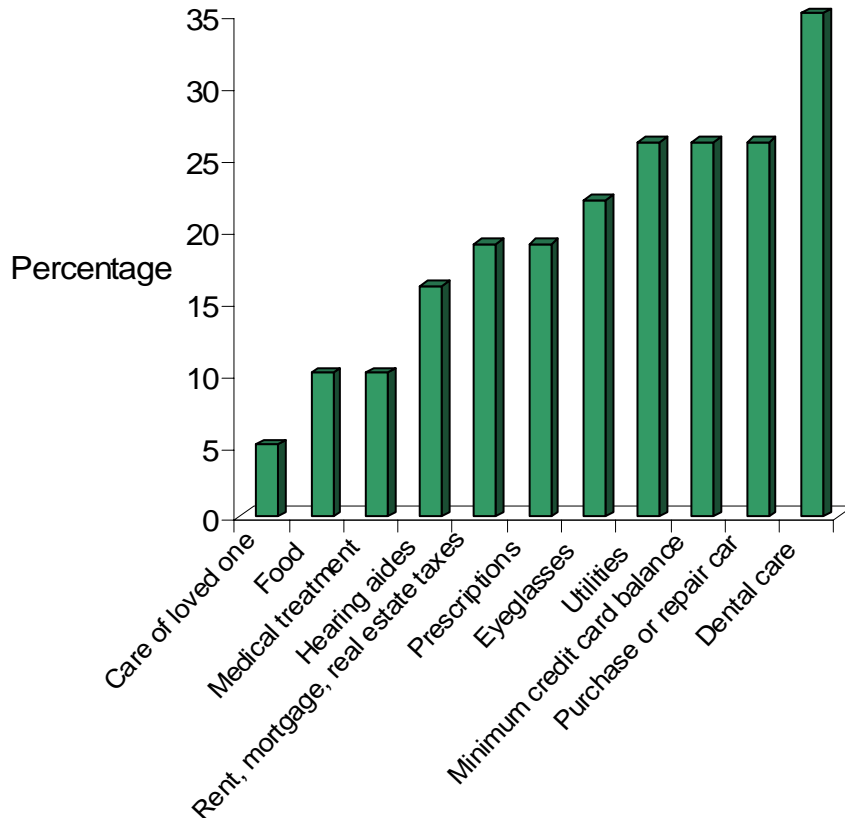
## 2. Financial Fitness

There is a wide range in reported income levels, from less than \$8,000 (6%) to over \$100,000 (9%) per year. The income category with the most responses falls between \$50,000 and \$74,999 (see Figure 2).



When asked if there were any times in the past 12 months when they did not have enough money to cover expenses, 108 (22%) respondents reported that they did not have enough. Of these people, 35% (n=38) indicate they do not have enough money to obtain dental care. Nearly 26% (n=29) report they do not have enough money to purchase or repair a car, and a little over 26% (n=28) indicate they can not pay more than the minimum balance due on a credit card. Almost 26% (n=28) report not having enough money to pay utility bills. Twenty-two percent (n=24) report not having enough money to obtain eyeglasses, 19% (n=21) indicate they do not have enough money to fill a prescription for medicine or had to reduce their dosage, and another (n=21) indicate they did not have enough money during the past 12 months to pay for rent, mortgage, or real estate taxes. A little more than 16% (n=18) report they are unable to obtain hearing aides, and 10% (n=11) are unable to afford follow up on tests or treatment recommended by a doctor. Ten percent (n=11) also report not having enough money to purchase needed food. In addition, 5% (n=5) indicate they are unable to pay for the care of a loved one (See Figure 3).

Figure 3  
Expenses for Which Respondents did not Have Enough Money\*



\*Categories are not mutually exclusive

### 3. Housing

To answer questions the Ellington Human Services Commission have about the housing needs of the older Ellington population, a number of questions on the 60+ survey address respondents' current and future housing needs. Eighty-two percent of the 60+ respondents currently live in their own home. Another 8% live in a private apartment, five percent live in a condominium, 2% live in senior housing, and 2% live in their child's home. Less than 1% live in an assisted living facility.

More than three quarters of respondents (81%) indicate their current residence does not need major repairs, modifications or changes to improve their ability to live in it over the next five years. However, of the 19% whose current residence does need repairs, 59% report they cannot afford to make the repairs.

Nearly all of the respondents either strongly agreed (58%) or agreed (36%) they could continue living in their current residence for the next five years, providing their health remains the same. Slightly more than half of all respondents (52%) responded that it's very important that they remain in Ellington as they grow older. Another 35% indicate it is somewhat important, and 12% report it is not important to them to remain in Ellington as they grow older. One respondent commented that Ellington would be a better place to grow older in if, "55+ housing was near shopping."

Almost three-quarters (70%) of the 60+ respondents currently live with spouses and 22% live alone. Six percent live with their child and less than 2% live with another relative, someone else, or with a parent (see Table 2).

Table 2  
Current and Future Housing Characteristics

	Project Total N=500	
	N*	%
Current Housing		
My own house	405	81.5
Private apartment	41	8.2
Condominium	24	4.8
Senior Housing	12	2.4
Assisted Living Facility	1	0.2
With my child in their home	10	2.0
Other	4	0.8
Current Residence Need Repairs/Changes		
No	400	81.1
Yes	93	18.9
Can you afford the changes/repairs?		
No	46	59.0
Yes	32	41.0
Continue Living in Current Residence for the Next 5 Years		
Strongly agree	287	58.1
Agree	176	35.6
Disagree	20	4.0
Strongly disagree	11	2.2
Like to Remain in Ellington as you Grow Older		
Very important	255	52.6
Somewhat important	171	35.3
Not important	59	12.2
Currently Living With		
No one – I Live Alone	111	22.4
Spouse or partner	347	70.1
My child	28	5.7
My parent	1	0.2
Another relative	4	0.8
Someone else	4	0.8

#### 4. Greatest Concerns about Living in Ellington

In an open-ended question, respondents were asked to indicate what concerns they have about living in the town of Ellington (see Appendix F). The following themes emerged from 580 responses generated by 393 separate respondents and are presented below.

##### a. Cost of living

Forty-three percent of concerns are about the increase in cost of living and taxes. For many respondents, taxes are a burden and they can hardly pay the taxes now. Other respondents are worried about being able to live in their home and pay property taxes and some are concerned they won't be able to remain in Ellington in the future if taxes continue to increase.

*Increased cost of living and taxation.*

*Prohibitive property taxes – can hardly pay them.*

*Being able to live in my home and pay property taxes.*

##### b. Town/Neighborhood

Thirteen percent of concerns focus on the town of Ellington and its neighborhoods. The greatest concern is that Ellington will lose its rural beauty and country charm. There is also concern about losing the open spaces and that farmland will become industrialized.

*I hope it doesn't lose its rural beauty.*

*Ellington is building up too fast. It would be too bad if it lost its country charm.*

*That all open land will be gone.*

*Farmland becoming industrial.*

Respondents are concerned about the spread of commercialization and the increase in number of large stores. Others feel there are inadequate codes regarding the appearance of stores. In addition, some respondents express concern about the location of stores either being far away or not near enough.

*Commercial sprawl.*

*Too many big box stores.*

*Inadequate retail appearance codes.*

*New businesses changing rural character.*

*Having grocery stores and pharmacies near by.*

With the increase in commercialization, there are also concerns about traffic congestion, increase in the speed of traffic, and law enforcement and safety issues related to traffic especially on Rt. 83.

*High speed and traffic on roads.*

*Rt. 83 is becoming a Berlin Turnpike.*

There is also concern that the population in Ellington is growing too rapidly and is uncontrolled. Respondents are worried that with over population, Ellington will not be a place where country living can be enjoyed. Many want to keep Ellington a small town.

*Growth is moving too fast.*

*Over population and not country living.*

As the population expands, there are also concerns about the growth of Ellington's student population and the anticipated increase in taxes to pay for educational costs.

*Student population growth from outside parameters for which we are all taxed.*

*Cost of education.*

With a rapidly growing population, a number of respondents are concerned about the need to expand the infrastructure including fire and police departments as well as the schools. In addition, some respondents express their concern that there are not enough state troopers to respond to the needs of Ellington residents.

Respondents are concerned that government services are exceeding the needs of the community and that wasteful spending is occurring. Other survey respondents voice concern about the ambiguous leadership, poor morale among town employees and concern that town ordinances aren't put into effect.

*Government services growing beyond the community's needs causing too much wasteful spending.*

*Leadership is confusing.*



In addition, some respondents are concerned in general about the quality of the town of Ellington while others express concern about the water quality as well as the lack of town water, sewer, and sidewalks.

*Quality of town.*

*Water quality.*

*No water, no sewer, no sidewalks.*

#### c. Transportation

Eleven percent of the concerns relate to the lack of public transportation in Ellington. Many respondents are worried that when they can no longer drive, there won't be any reasonable way for them to get from one place to another because there is no access to bus services.

*No public transportation.*

*Availability of transportation when I can no longer drive.*

*Access to bus.*

#### d. Housing

Seven percent of concerns focus on the rapid speed at which too many large homes are being built. Respondents feel there should be more strict housing regulations, especially for the lot size of new homes. Respondents are concerned about the lack of availability of affordable housing including reasonably priced assisted living facilities. In addition, there is concern about the lack of suitable, low income senior housing as well as availability of a wider range of senior housing options.

*Homes being built too large too fast.*

*Regulating new home building – lot size, developments.*

*Affordable housing.*

*Affordable assisted living.*

*Not enough suitable senior housing.*

*Senior housing for all income levels.*

#### e. Services and Repairs

Four percent of concerns relate to the increased cost of services and the alarm that services will be more than respondents can afford. A few of these respondents are worried that services will be removed and others are concerned about being able to find seasonal service assistance.

*Increase in sanitation, collection, and sewage.*

*Increase in sewer charges (result of population explosion).*

*Cost of services will exceed my means.*

*Leaf pick up in the fall – need to have it suctioned at the curb.*

*Finding qualified snow removal and lawn and gardening help.*

#### f. Maintaining Independence

Approximately 3% of concerns involve respondents' fears about the loss of independence and not being able to care for themselves. While some respondents are worried about losing their freedom or independence and becoming depressed, others are concerned about not being able to remain in their home until they die. Some respondents aren't aware of what services are available to help them with daily activities of living so they can remain autonomous.

*Loss of independence.*

*Loss of freedom – depression.*

*To be able to live and die in my own house.*

*Finding help for house cleaning – just don't know what's out there.*

#### g. Health Services

A small percent (2%) of the concerns are related to the availability of local health services including good medical and emergency care. Some respondents are concerned there won't be enough local doctors to provide health care while others are worried they won't be able to get emergency care in time because hospitals are some distance away. Several respondents expressed a need for a local medical center and continuing care facility.

*Not enough local doctors.*

*Travel time and distance (in winter) for ambulance response time or emergency.*

*That I won't be able to get to the hospital in time in case of an emergency.*

*Medical center in town.*

*Could use a nice continuing care facility.*

## 5. Transportation

For elders living in the community, the ability to drive or arrange for convenient and affordable transportation is essential. The majority of respondents (91%) report no difficulties with transportation because they still drive, or have spouses, family or neighbors who assist them.

Nine percent (n=45) of the 60+ sample have difficulty with transportation. Of those experiencing difficulties, 82% (n=37) report that public buses are unavailable or inconvenient, 35% (n=16) indicate that the Senior Center van is not available or convenient, 29% (n=13) report problems with Dial-a-Ride or other transportation that is unavailable or inconvenient. Twenty-four percent (n=11) report that transportation costs too much. Twenty-two percent of respondents (n=10) indicate that physical or other impairments cause difficulty in getting the transportation they need, and another 22% (n=10) indicate that the lack of door to door transportation assistance creates difficulties with transportation (see Table 3). Twenty percent (n=9) report that they have no one they can depend on or there is no help available for transportation, and a slightly less than one-quarter (n=11) of respondents report other transportation difficulties including:

*The cost of gasoline.*

*The Senior Center Vans are full at times.*

*Ellington doesn't have enough public transportation, and the town cut the senior center budget so vans can't be used to the extent they should be used.*

Table 3  
Transportation

	Project Total N=500	
Difficulties Getting Transportation		
No	455	91.0
Yes	45	9.0
What are the Difficulties*		
Public buses are unavailable or inconvenient	37	82.0
Senior Center Van is unavailable or inconvenient	16	35.0
Dial-a-Ride is unavailable or inconvenient	13	29.0
Costs too much	11	24.0
Other transportation difficulties	11	24.0
Physical or other impairments	10	22.0
No door to door assistance	10	22.0
No one I can depend on or help available	9	20.0

\*Categories are not mutually exclusive

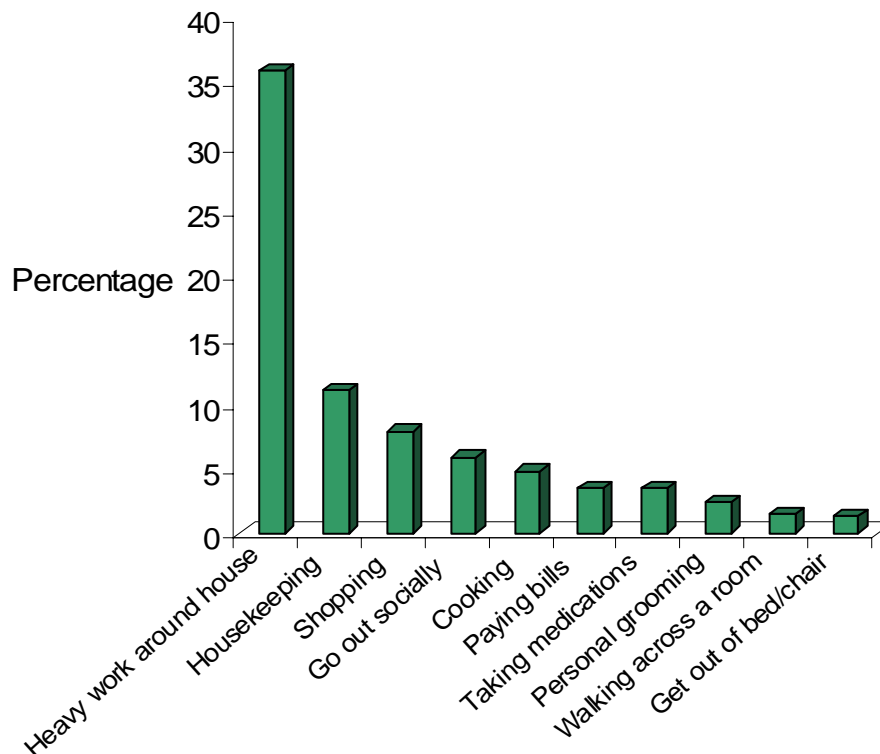
## 6. Activities and Services

Respondents were asked if they need assistance with services and various activities of daily living (ADLs), such as getting in and out of a bed or chair and walking across a small room, and instrumental activities of daily living (IADLs), such as preparing meals, shopping, or managing finances. The ability to do these types of activities without help, or having sufficient assistance to complete these activities, is one indicator of whether a person can continue to live in the community (Judge, et al., 1996).

Sixty-five percent of older adults in Ellington indicate that they do not need assistance from another person for these activities. As healthier people tend to answer surveys, these numbers probably represent a conservative estimate of the assistance needed by older Ellington residents in their daily activities.

Among the 35% who do need help, the greatest need is for assistance with heavy work around the house, defined as shoveling snow or washing walls (36%). This is followed by a need for assistance with housecleaning (11%), shopping for groceries or clothes (8%), and needing assistance to go out to a movie, to church or to visit friends (6%). Four percent of respondents need assistance taking a bath or a shower, 2% need help with personal grooming, 3% need assistance with taking medications correctly, and 3% need assistance keeping track of money and bills. Slightly less than 3% indicate the need for help with walking across a room and getting in and out of a bed or chair. Approximately 4% of respondents indicate specific needs including indoor/outdoor maintenance of their home, mowing, and home repairs (see Figure 4 below).

Figure 4  
Assistance Needed by Respondents\*



\*Categories are not mutually exclusive

General comments from respondents indicate some dependency on an informal care network including spouses, children, daughter-in-laws, housekeepers, and hired help. These caregivers administer medications, shop for

groceries, cook, clean, put out trash, cut grass, shovel snow, keep track of money, and remind care recipients about grooming.

*My husband does all of this.*

*My son helps with the snow.*

*Daughter helps with the money.*

Some respondents report that physiological impediments, such as rheumatoid arthritis, injuries, or respiratory problems limit their activity. Others state that lack of transportation is problematic in limiting their activity and in gaining access to some services, such as visits to medical appointments.

*I'm unable to walk long distances or stand for long periods.*

*I can't lift or walk very far without breathing difficulties.  
When my car needs repair, I have to wait until I can  
save enough money to repair it.*

Fifty-seven percent (n=64) of respondents indicate they did not use any health services in the past six months. However, of the respondents who did use services (n=97), 21% (n=20) report that they use visiting nurse services, 11% (n=11) use home health aide services, another 11% (n=11) use the Senior Center, 10% (n=10) use homemaker services, 8% (n=8) use the Senior Center van, and another 8% (n=8) use Meals on Wheels. In addition, 4% (n=4) indicate that they use a senior companion, 3% (n=3) use Hospice, 2% (n=2) use Adult Day Care services, 1% (n=1) use Elderly Outreach services, and another 1% (n=1) use caregiving services.

Eighty percent of respondents indicate they were able to find the services or help they needed, while 20% report that they were unable to find the services or help they needed.

Of the 20% who were unable to find services or help needed, 38% indicate that services were not available in their area. Thirty-two percent (n=16) report that they did not know what services were available, 28% (n=14) indicate they could not afford available services, 18% (n=9) could not find anyone to hire, and 8% (n=4) indicate that services or help were not qualified or were unreliable.

Most respondents report that it is very likely (72%) or somewhat likely (23%) that the family, friends, or neighbors who provide informal help now will be able to continue doing so a year from now. However, the remaining 5% report it is not likely that this informal help from family, friends, or neighbors would still be available in one year. In addition, while 86% of respondents indicate they have

enough resources to cover costs for needed services, 14% report they do not have enough resources to cover costs.

## 7. Services Desired in the Future

Another open-ended question in the survey asked respondents what services they would like to have or could use in the future (see Appendix G). In analyzing the qualitative data, the following themes emerged from 187 responses generated by 140 separate respondents and are presented below with supporting quotes.

### a. Services and Repairs

Twenty-one percent of the comments indicate that respondents would like access to include services and repairs that are available at a reasonable rate from people who are reliable and trustworthy. They would like a reliable trash pick-up system and cleaning services including windows, yard work, and snow shoveling.

*A good handy-man who will do yard work, repairs, etc.  
at a fair wage.*

*Maintain current trash pick-up system.*

*Snow removal – driveway and walks.*

### b. Transportation

Eighteen percent of responses show that respondents would like to have senior transportation services expanded by increasing the number of vans and extended to include evening hours and weekends. They would also like affordable and reliable transportation for medical appointments. In addition, some respondents would like to have Dial-a-ride and/or public transportation provided by the town.

*Better and varied van services.*

*Transportation to doctor's appointments in Hartford.*

*Occasional transportation services after 6 pm and weekends.*

*Transportation to visit friend in a nursing home.*

### c. Reduction in Cost of Living

Ten percent of the responses indicate that some respondents would like deductions on their real estate and car taxes, utilities, and water and sewer bills.

Others would like help with discounts on prescription medications and others would like fuel assistance and lower living expenses.

*I am worried that Ellington taxes will be too high when I retire.*

*Tax exemptions for seniors on a more liberal scale.*

*Am unable to afford any life, medical, or prescription coverage.*

*Help with fuel assistance.*

#### d. Health Services

Another 10% of responses show that health services that include visiting nurses or adult day care is important to some respondents. Others suggest respite services to care for a spouse or other family member. In addition, some respondents would like home health aide services to help them with activities of daily living.

*Respite care for wife.*

*Respite for at least one week vacation, I'm a caregiver to my mother 24-7.*

*Help with bathing.*

#### e. Maintaining Independence

Nine percent of the services respondents would like to have in the future involve concerns about preserving independence, maintaining good health, and being able to function well on a daily basis. Some respondents view their ability to continue to live where they are now as dependent on their physical health. Others, with functional limitations, are concerned about being able to continue living in their own home. In addition, some voice concerns about the possible loss of independence if their health deteriorates.

*I have had knee surgery. I need one to one help to get out of the house.*

#### f. Affordable Housing

About 4% of the services respondents would like to have in the future involve the cost of maintaining a home and anxiety that they will not be able to afford the upkeep of their home. Some respondents are unsure of the future



availability of alternative housing, while others mention the need for housing to have special features to accommodate aging individuals.

*More senior housing that allows pets.*

*An affordable assisted living facility or affordable apartment.*

#### g. Recreation Activities

Four percent of services respondents suggest are focused on the desire for recreational activities including: bus trips, fishing trips, swimming, Bingo, music, games, bowling, shopping, card games, and Scrabble. Some would like to have exercise programs with appropriately aged instructors who focus on motivation.

*Indoor swimming pool.*

*Reinstitute Arbor Parks musical programs for 2006.  
Exercise fitness center.*

*Exercise class – we used to have it twice a week – none now.*

#### h. Town/Neighborhood

Fewer responses (3%) indicate that respondents would like good shopping centers that have home delivery services and would like existing shopping areas improved. Other responses suggest that respondents would like have better services at Crystal Lake.

*Grocery store that will deliver to my home.*

#### i. Outreach, Senior Center, Education

Three percent of suggestions from respondents include providing caregiver support groups, an Alzheimer's support group, and a Hospice group. Other suggestions include an interest in having lunches provided for seniors through the Community Renewal Team or Meals on Wheels. There is also an interest in a senior outreach program that focuses on residents in need of outreach services. In addition, respondents suggest that outreach should include a senior newsletter or a companion program through which people can be checked on periodically.

Two percent of responses show an interest in services provided by the Senior Center, such as trips, and another 2% indicate an interest in educational services for estate and financial planning.

## 8. Additional Services Desired in the Future

Respondents were asked to indicate additional services they think the town of Ellington should offer older adults (see Appendix H). The following themes emerged from 245 responses generated by 181 separate respondents and are presented below with supporting quotes.

### a. Reduction in Cost of Living

Seventeen percent of quotes indicate that respondents think the town of Ellington should offer older adults tax breaks. Many respondents suggest that senior discounts would be helpful. In addition, others suggest that meals provided at nominal costs or reduced fees for town services would be appreciated.

*Ellington is a great place to live, but the older people can't afford the taxes. Town taxes, state, higher gas, and Northeast Utilities electrical rates make the cost of living higher.  
Senior discounts.*

*Break on fees for trash pick up and sewer use.*

*Meals available at nominal cost.*

### b. Transportation

Twelve percent of responses suggest that the town expand transportation services making it more accessible and reliable. Respondents would like transportation that meets the needs of handicapped residents. In addition, some respondents would like services that include use of the van, Dial-a-Ride, and shuttle buses.

*More transportation capability.*

*Expand on senior handicap transport.*

*We have the van, let's utilize it to its fullest potential!*

*Shuttle buses to get from one shopping place to another.*

### c. Recreation Activities

In 22% of responses, people indicate they would like the town of Ellington to offer recreation activities to older adults. Some of the activities they suggest are town-sponsored day trips as well as more extended trips that have an educational emphasis. Other suggestions include intergenerational activities and an annual

picnic. Another suggestion includes the construction of a recreational facility with a heated pool.

*Town-sponsored outings like casino, bingo, parks, ball games.*

*1-2 day trips of interest other than Foxwoods to learn and see interesting sights.*

#### d. Health Services

Nineteen percent of responses suggest that health services be expanded; this includes assistance with prescriptions, free medical screening, and screening that is provided in homes. Older adults on fixed incomes with minimal or no savings would like services that provide coverage for dental and medical needs. Other respondents would like better access to a medical facility, such as the one Hartford Hospital has in Manchester.

*Assistance for medications.  
More free medical screenings.*

*Free home screenings to assess individual needs.*

*The most frightening part of aging is the lack of any savings, health, and life insurance and the inability to take care of dental and medical issues for my wife and myself.*

#### e. Affordable Housing

In 7% of quotes, respondents indicate they would like more availability of affordable senior housing. Quotes emphasize the need for a regulatory service for rent and the availability of low rent apartments. In addition, respondents would like senior housing that's attractive and includes good use of open spaces, such as parks.

*Nice affordable housing, like Snipsic Village – perhaps a certain number of units (condos) available on a sliding economic scale – over 55 communities tend to be on the expensive side.*

*Fair rent commission/regulatory service.*

*Senior housing with park grounds.*

#### f. Services and Repairs

When asked about additional services they would like to have, 7% of older adults responses indicate they would like reasonably-priced household services

and repairs. This includes home repairs and help with their property, especially snow removal.

*Help with property: yard work, mowing, and snow removal.*

#### g. Maintaining Independence

Autonomy and maintaining independence are important to older adults. Seven percent of quotes expressed respondents' interests in services that would enable them to continue being as independent as possible. Some suggested that volunteers would be helpful in maintaining independence while others suggested low cost assistance would be helpful.

*Volunteers for short term assistance in home.*

*Anything to help them stay in their homes longer.*

#### h. Education

Five percent of respondents' quotes show they would like a variety of educational services made available including classes on finances, taxes, and the computer. Some respondents would like education in the area of gardening and nutrition while others are interested in more 55 Alive driving instruction while others would like the availability of more "advanced" educational topics. In addition, some respondents are not aware of what services are currently available but would like to be informed.

*Financial aid and tax advise.*

*Computer classes.*

*Guest speakers – gardening, nutrition advise, tax planning.*

*More 55 Alive driving instruction classes.*

*More "advanced" adult education classes.*

*Information on what's available now - we do not know what Ellington already offers seniors.*

#### i. Outreach

Fewer responses (4%) indicate some people would like the town of Ellington to develop an active outreach service to older adults identifying those who are

isolated and in need of assistance. Suggestions include the development of a volunteer base to reach out to those who are ill.

*Active outreach program to identify and help seniors in need of financial/health/mental/substance abuse assistance.*

*More elderly outreach to find loners.*

*Develop a strong volunteer base to be of service to seniors and the ill.*

#### j. Town/Neighborhood

Three percent of quotes are focused on protecting and preserving quiet neighborhoods and nature trails. Respondents would like increased police protection for their property. In addition, respondents would like town services to include better parking for events and in general a better town wide building plan.

*More police cruisers to catch speeders and mailbox vandals.*

*Better parking for events at schools and libraries.*

*Better building planning.*

#### k. Senior Center

Two percent of responses recognize the important services that the senior center provides, but emphasizes the need for dependable funds in order to provide useful services. In addition, respondents would like an improved senior center and suggest that a reevaluation and upgrade of programs is necessary.

*Town senior center and library do a great job – but must have funds they can count on.*

*The senior center could stand a reevaluation and upgrade of programs.*

#### l. Satisfaction with Services

Some respondents were clear that they think Ellington is doing a good job providing services for Ellington's older adults and that current services are adequate.

*Ellington is doing a good job for the "older" group of folks.*

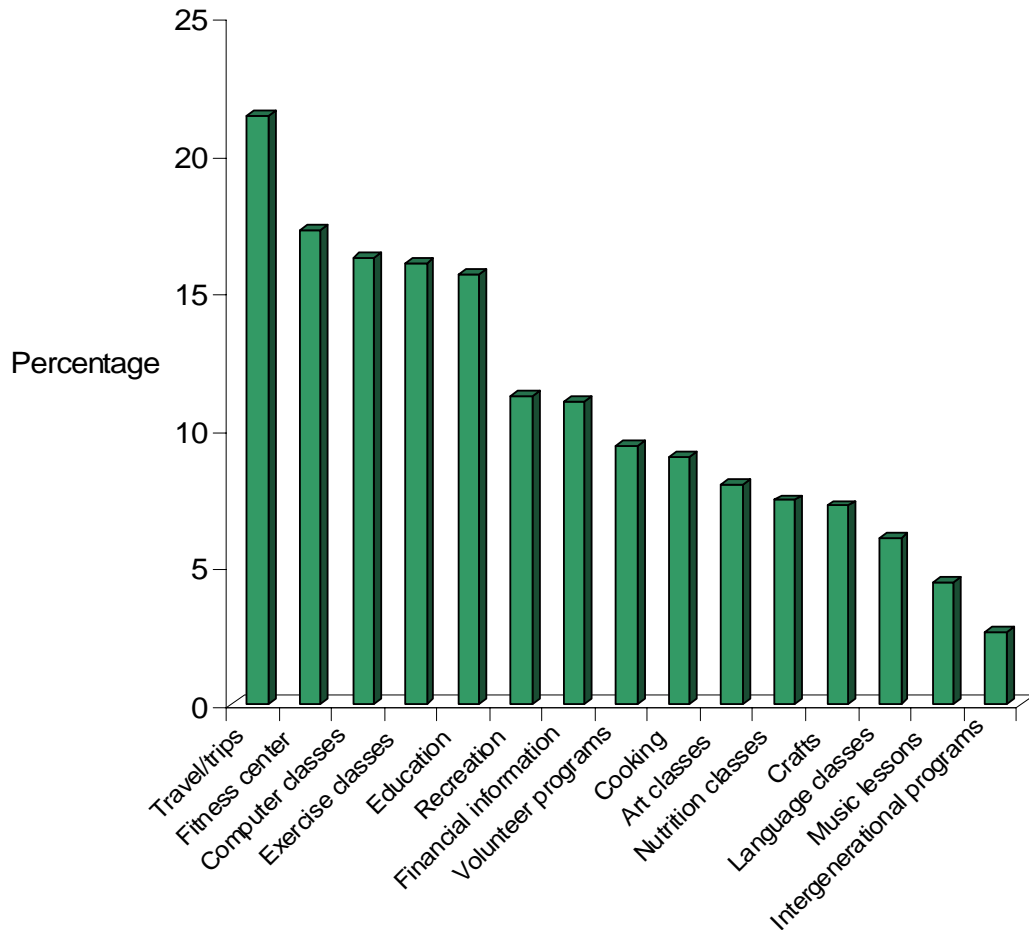
*I do not believe that the town should have to serve me anymore than they do now.*

## 9. Senior Center: Activities and Outlook

Senior centers are valuable in transitioning older autonomous adults out of isolation into positive settings where they can benefit from activity, advocacy companionship, food, security, and transportation. However, only 7.3% of Older Adult respondents attend the Ellington Senior center regularly.

In a question asking Older Adults what senior center activities they would like available to them in the future, most (21%) are interested in travel or trip activities. Seventeen percent of respondents are interested in fitness, and 16% each are interested in computer classes, exercises classes and education. Eleven percent are interested in financial information programs, and 9% each are interested in volunteer programs and cooking. Eight percent indicate an interest in art classes and 7% each report an interest in nutrition classes and crafts. Six percent show an interest in language classes, 4% are interested in music lessons, and 3% indicate they are interested in intergenerational programs. In addition, 18% would not attend the Senior Center (see Figure 5).

Figure 5  
Senior Center: Activities and Outlook



Additional senior center activities respondents suggest are discussion groups, book clubs, lessons for games including bridge, woodcarving, genealogy, indoor swimming, and movies. Others suggest available programs should include a wide range of interests.

*Group discussions with other seniors on taxes, politics, etc.*

*Lunches – meals, such as Vernon does.*

*Ballroom dancing.*

Some respondents report they are not familiar with the Senior Center and the services and programs it offers, while others indicate they aren't thinking about it at this point in time.

*At this time I still don't think of myself as "senior."*

*Maybe I'll use it in future when older and not working.*

When asked if they think people object going to a facility called a senior center, 18% responded affirmatively. In another question asking respondents to select the best name for a senior center facility offering the range of programs listed in the survey, 60% prefer Ellington Community Center, 7% prefer Older Adult Community Center, and 4% prefer The Vital Living Center. Other suggestions include:

- ❑ Ellington Community Center
- ❑ Ellington Senior Center
- ❑ Adult Community Center
- ❑ Community Senior Center
- ❑ Ellington Community Senior Center
- ❑ Center for Enhanced Longevity
- ❑ The Haven
- ❑ The Gathering Place

## 10. Programs Desired for Older Adults

Another open-ended question asked respondents to indicate what programs they think the town of Ellington should offer older adults (see Appendix I). The following themes emerged from 200 responses generated by 143 separate respondents and are presented below with supporting quotes.

### a. Recreation Activities

Twenty-eight percent of responses indicate an interest in programs that support a wide range of recreation activities. The greatest interest is in

a year round swimming program for older adults. This is followed by an interest in book discussions and having a bookmobile. Other suggestions for programs include yoga, senior single dances, bridge lessons, ceramic classes, and clubs. Respondents would also like to have concerts in Arbor Park again. In addition, cost is a factor in recreation activities and respondents would like programs that are inexpensive.

*Indoor/outdoor year round swimming.*

*Clubs – coin, stamp, antique cars, games.*

*Bring back Arbor Park concerts during the summer.*

*Safe and reasonable inexpensive exercise programs.*

#### b. Education

Thirteen percent of quotes suggest that education programming is important to older adult respondents. Some of the educational areas they are interested in include computer, nutrition, and safe driving classes. Many respondents indicated and interest in education but were not specific as to subject areas they would prefer.

*Safe driving...55 Alive classes.*

#### c. Health Services

In 10% of responses an interest in a wide range of health service programs including medical screening, blood pressure clinics, and nutrition programs is indicated. Additional programs respondents are interested in include those in which there is education regarding health insurance, mental health, and prescription discounts. Some older adult respondents are also interested in the availability of respite care and information on how to plan for a funeral.

*Medical tips – vaccine – Blood pressure.*

*Nutritional/Dietary Programs.*

*Therapy for depression/failing mental awareness.*

*Have a day care center to help caregiver – get some relief!*



d. Reduction in Cost of living

Cost of living concerns are indicated in 10% of the responses for this question, and respondents express an interest in programs that provide them with some kind of tax relief or discount on taxes.

*Freezing our property taxes!!*

*Senior discount on property taxes.*

e. Transportation

In 7% of responses, there is an interest in programs that provide transportation for medical visits as well as for shopping. Some respondents indicated a need for transportation without specifying what they needed it for.

*Rides to and from grocery store, shopping, doctors, etc.*

f. Outreach

Another 7% of quotes indicate interests in active outreach programs involving the distribution of meals to those who want them, support groups, and some kind of system to check on seniors who need help. In addition, some respondents are interested in providing Welcome Wagon to greet “new seniors” in Ellington.

*Monthly luncheons by churches as we used to love.*

*For a minimum charge, have a meal once a week.*

*Over 65 years of age – check on these people for needs.*

*Welcome Wagon greeters for “new” seniors.*

g. Financial Information Programs

Some of the responses (6%) indicate an interest in financial information programs that present basic financial information or assistance with banking, while others indicate an interest in programs that provide information on Social Security and Medicare.

*Financial assistance with banking, balancing checkbook.*

#### h. Socialization

Three percent of responses for this question indicate a need for a program that focuses on meeting the socialization needs of older people. While some respondents are interested in opportunities for companionship, others were more specific in indicating they want someone to talk with, want to make friends with another person, or have a class in how to socialize with their cohort.

*Opportunities for companionship. Older people get lonely.*

*Perhaps “chatting” meaning some of us are talkers. If not too active, but are sociable and sometimes feel helped through conversation.*

*People visiting with each other.*

*A class in socialization with peers.*

#### i. Other Programs

Two percent of respondent quotes suggest an interest in supporting volunteerism and in having the town offer programs that encourage and provide opportunities for volunteering. Another small percentage of responses indicate an interest in housing programs that provide more living options for seniors including a renters’ protection/lease adherence program. A few respondents would like programs that support the maintenance of their autonomy and opportunities to procure help with housekeeping and shopping. In addition, another small percent of respondents indicate a need for programs that enable them to care for their property or contribute to a better town or neighborhood.

*More volunteer programs.*

*Help with keeping house up.*

*Help with activities of daily living, meals.*

*Better building planning.*

*Good walking trail.*

### 11. Health

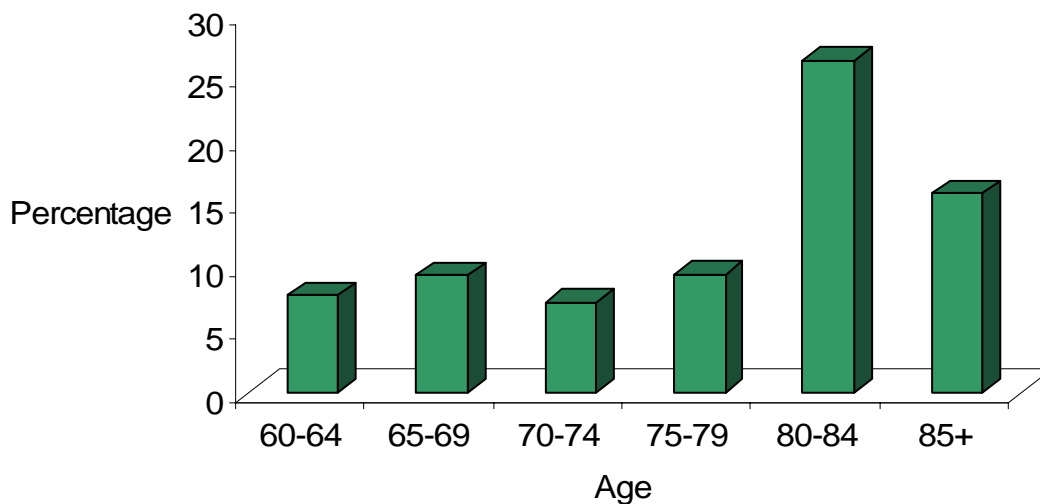
Over half of the 60+ respondents report themselves to be in good (57%) or excellent (24%) health. However, 17% report their overall health to be fair, and another 2% rate their health as poor. Nearly all respondents (98%) have a regular

doctor. In addition, more than half (55%) report seeing a doctor or other health care professional one or two times in the last three months. However, 19% of respondents have not seen a doctor or other health professional at all in the last three months.

Sixty-five respondents indicated they do not have a disability while 34% have a condition or disability that restricts their activity in some way. Such conditions or disabilities include: asthma, arthritis, atrial fibrillation, chronic obstructive pulmonary disease, degenerative disc disease, diabetes, emphysema, fibromyalgia, lumbar spinal stenosis, lung cancer, multiple sclerosis, Parkinson's Disease, and renal failure.

Depression for both the 60+ and Boomer populations was measured by using the Yale one question screen, "Do you often feel sad or depressed?" This question has demonstrated reasonable sensitivity (69%) and specificity (90%) in the older population (Whooley, 1997). The results from this survey indicate that depression is not a problem for the majority (90%) of the 60+ respondents. However, 10% of respondents indicate they are depressed. More older (age 80-85+) than younger (age 60-79) respondents report depression, but this trend does not reach significance (see Figure 6 below).

Figure 6  
Depression Rates by Age Category



Ellington respondents were asked if they have used any type of mental health services for depression, addiction counseling, or behavioral health in the past three months. The majority (81%) report they have not used any mental services at all in the past three months.

## 12. Social Support

Most of the 60+ respondents report having a large social support network. When asked if they have a relative or close friend they can turn to for help, the majority (96%) indicate they do. Only 4% report they do not have a relative or close friend that can be depended on for help.

The majority of older adults responding to the survey are an active population, leaving home for any reason multiple days a week. Half of respondents indicate they leave home on a daily basis, another 31% go out four to six days per week, and 17% go out one to two days a week. Only 3% are homebound, leaving home less than one day a week (see Table 4 below).

Table 4  
Social Supports

	Project Total N=500	
	N	%
Days per week you leave home		
Every day	494	50.0
4-6 days per week	151	30.6
1-3 days per week	83	16.8
Less than one day per week	13	2.6
What keeps you from going out more?*		
Health problems	40	8.0
Lack of transportation	12	2.4
Do not need or want to	90	18.0
Financial reasons	41	8.2
Get out enough	253	50.6

\*Categories are not mutually exclusive

Fifty-one percent of respondents feel they get out enough. Eighteen percent of respondents indicate they do not go out more because they don't need or want to. Eight percent don't leave home because of health problems and 2% don't leave home because they lack transportation. Eight percent report that financial reasons are why they don't go out more. Other reasons written in by respondents explaining why they do not go out more include: caregiving responsibilities for a spouse or parent, being too tired to make the effort, or they enjoy their home and don't care to go elsewhere if they don't have to. Still others are hindered by inclement weather or high gas prices.

*I have a handicapped spouse.*

*I'm too tired or depressed to make the effort.*

*We enjoy our home and keep occupied here.*

### 13. Caregiving

Less than a quarter (21%, n=107) of the respondents are caregivers for a relative or friend who reside in Ellington or in a nearby community. Another four percent care for someone who lives more than 45 minutes away. A small number of these caregivers (2%) provide care for one or more grandchildren. Of the 127 caregiving respondents, memory problems are present in almost half (56%) of the relatives or friends they assist. Over one-quarter (33%) of the same group report their relative or friend has mild memory problems, with 15% caring for someone with moderate memory problems, and 7% caring for someone with severe memory difficulties.

When asked how difficult it is to care for a relative or friend while trying to meet other responsibilities for family or work, 7% report it is very difficult and 33% indicate it is somewhat difficult. For others, however, this caregiving is experienced as less burdensome: more than one third (36%) report it to be somewhat easy, and less than one quarter (24%) state it is very easy.

Fifty-six percent of caregivers in the 60+ population do not use any services in the care of their loved ones. Of those who didn't deny using services, 32% use visiting nurse services, 17% each use a home health aide and the Ellington Senior Center, 16% use homemaker services, 12% use Meals on Wheels, and 12% use the Senior Center van. In addition, 6% each use a senior companion and Dial-a Ride, 4% use Hospice, 3% use adult day care, and 2% each use elderly outreach services, case management, and caregiver support groups.

### 14. Insurance and Prescription Coverage

Two separate questions asked respondents to indicate what type of health insurance and prescription medication coverage they have. An additional question asked if respondents have long term care insurance for nursing home, assisted living, or home health services.

Over two thirds of 60+ respondents (71%) have private health insurance, followed by 65% who indicate they have Medicare. A much smaller percentage (14%) report they have Medigap A-J or Medicare Supplemental insurance, Veterans benefits (6%), or Medicaid (2%). In addition, another 2% report they currently have no health care insurance.

The majority (61%) of respondents who answered the question about prescription medication coverage indicate they have some type of prescription coverage including: Tri Care for Life (military), Anthem Blue Cross/Blue Shield, Healthnet, AARP, or Aetna. Seven percent have Medicare and another 7% have prescription coverage with ConnPace. Only 2% indicate having coverage under Medicaid. Twenty percent (n=101) report they have no prescription coverage and pay out of pocket.

These numbers for both insurance and prescription coverage are somewhat suspect and may not be representative of what is actually occurring. Older adults typically have difficulty answering insurance and insurance coverage questions (Gruman, et al., 2000). This is particularly true in a mail survey, which does not allow for the clarification and probing provided by an interviewer. For example, although most of the 60+ respondents (70%) are age 65 or older, and almost all would be eligible for Medicare, only 65% report this as their insurance. As this question allowed for multiple answers, it may be that more people are eligible for Medicare, but do not consider it their primary insurance.

Prescription medication coverage numbers may also be questionable. While only a small percentage (20%) of these respondents indicate they do not have prescription coverage, other researchers have found that many adults over age 65 lack prescription coverage. For example, Laschober, Kitchman, Neuman, & Strabic (2002) found that approximately 40% of Medicare beneficiaries lack prescription drug coverage at some point in the year, and most of these older adults lack coverage for the entire year. In addition, prescription medication coverage often comes with a high price. For example, average monthly premiums for Medigap policies with drug coverage for a 65-year-old male ranged from \$195 to \$255 in 2000 (AARP, 2002).

Only 18% of respondents report they carry long-term care insurance. Seventy-six percent do not have long-term care insurance at all, and 2% aren't sure whether or not they are covered for long term health care insurance.

## 15. Veteran Information

In response to the Ellington Human Services Commission's interest in veteran status, one section of the survey focuses exclusively on veterans. Twenty-nine percent of respondents are veterans having served in World War II, the Cold War, Korean War, or Vietnam War. Eleven percent of veterans receive a pension. Seven percent of veteran respondents report they are disabled. Twelve percent of respondents indicate they are a widow or widower of a veteran and 28% indicate they want information about veteran benefit programs.

## 16. A Bright Future for Ellington

The final open-ended question asked respondents to indicate what would make the town of Ellington a more functional and supportive place to live (see Appendix J). The following themes emerged from 410 responses generated by 273 separate respondents and are presented below with supporting quotes.

### a. Town/Neighborhood

The majority of quotes (30%) indicate that respondents value the rural/small town feel that Ellington has and want it to remain quiet, and safe. Respondents also want the town to maintain its farming community heritage and don't want it to become too commercial.

*Preservation of forests, woodlands, open spaces, quiet spots.*

*Don't make our lovely town too commercial.*

*The town should maintain its farming community heritage.*

While some respondents feel more retail stores and business in the industrial park on Rt. 83 would make Ellington a more supportive place to live, others advocate for restricted commercial development along Rt. 83, to control traffic congestion, and better zoning. In addition, some respondents feel more support should be given to existing merchants and businesses. Respondents suggest that a more functional town would include stores and banking services that are more convenient, and many respondents do not want bigger stores, such as Big Y.

*More retail stores.*

*More business in the Rt. 83 Industrial Park (near airport.)*

*Restrict commercial development along Rt. 83 in order to control traffic congestion.*

*Better zoning.*

*Support existing merchants and businesses.*

Respondents clearly feel more sidewalks and slower traffic would make Ellington a safer place to live. They also suggest street lights would improve the town and its neighborhoods.

*Safe walking and/or hiking trails.*



Many Ellington respondents value a sense of community and don't want to lose it in the future. Some suggest that reducing the incoming population would help maintain the characteristics of a smaller town that they appreciate.

*As the population increases, will we lose our sense of community?*

Some respondents suggest that the infrastructure needs strengthening in order to make Ellington a more functional and supportive place and to be able to handle the growth that's occurring. This includes better fire and police protection. City water and sewer were also suggested to make Ellington a more functional place to live.

*Advance infrastructure to handle growth.*

*Our present schools, fire, and police protection are not adequate to allow additional population growth.*

Older Ellington respondents suggest that better fiscal management, less wasteful spending, and more unity in town politics would make Ellington a better place to live.

*Stop the wasteful spending and school additions every couple of years.*

*Less politics – more unity in town politics.*

#### b. Cost of Living

Twenty-four percent of responses suggest that a more stable tax rate and keeping taxes under control would contribute to a more functional and supportive town. Respondents want to remain in Ellington as they grow older but affordability is a significant issue in their being able to do so.

*Proportional taxes for people not using public schools.*

*Raise the amount that makes the limit higher for a tax break for seniors. We need help.*

*Don't raise property taxes so Ellington will be an affordable place to live.*

#### c. Housing

Twelve percent of responses indicate concern about affordable housing and recommend that providing more moderately priced housing for seniors, assisted

living options, and additional subsidized housing would make the town a more supportive place to reside.

*Assisted living facilities – the new concept of homes for 10 people sounds great.*

*Assisted living, 2/3 room apartments and stand alone condominiums for under \$200,000.*

*Affordable rental property for seniors!*

#### d. Transportation

In 10% of quotes, respondents indicate concern that in the future they may not be may not be able to drive and that better transportation services would improve life in Ellington.

*Reasonable, easily accessible transportation when we can no longer drive ourselves.*

#### e. Recreation Activities

Ellington respondents would like to have opportunities to participate in meaningful recreational activities. A fitness center, including a swimming pool, and expanded library programs would enrich their lives.

*Fitness center – very important for aerobic exercises and keeps me pain free.*

*A large heated pool for seniors and others...to exercise their aches and pains away (and prevent them too).*

*More community activity – stop canceling concerts on the green!*

*Library program for seniors like the short-short discussion series.*

#### f. Other Suggestions

Other suggestions to make Ellington a more functional and supportive place to live include constructing a larger and more active senior center, maintaining current town services, and accessibility to affordable community health services.

*Keep the excellent Senior Center – change and improve as times change.*

*That the services that are here now will be here if I need them.*

*Community health care on a sliding scale basis.*

## B. Boomers

### 1. Demographics

Respondents to the Boomer survey range in age from 38 to 59, with a mean age of 50.1 years old (SD = 5.4 years). Sixty percent of respondents are female. The majority of respondents are Caucasian (98%), followed by 1% or less each for Asian, Black or African American, and Hispanic.

More than three-quarters (83%) of the respondents are married. Two percent are widowed (n=9), 8% divorced or separated, 7% never married, and less than 1% living together as though married.

The majority (99%) report English as their primary language. This is followed by Chinese (n=1), French (n=1), and Portuguese (n=1).

The level of education of respondents ranges from 8<sup>th</sup> grade or less (1%) to a college graduate or more (40%), with a quarter having a four year college degree. As might be expected with this younger population, less than 10% indicate that they are involved in volunteering (9%). The demographic data for Boomer respondents are shown on Table 5 below.

### 2. Financial Fitness

The majority of respondents indicate they are employed full time (73%) while 17% report they work part time. Four percent state they are unemployed and 3% are retired and not looking for work. Most respondents are employed as a state/city employee (23%), or in education (13%), healthcare (12%), or business (10%). Less than 10% each have an occupation in manufacturing (9%), skilled trade (7%), clergy (6%), military (6%), or sales (< 1%).

There is a wide range in reported income levels, from less than \$10,000 (1%) to over \$100,000 (40%) per year. Most respondents report an annual income of \$100,000 or more or ranging from \$50,000 to \$75,000 (24%) or from \$75,000 to \$100,000 (21%). Over three-quarters of respondents indicate they are actively saving for retirement (86%), and 13% (n=47) report they have long-term care insurance. The financial fitness data for Boomer respondents are shown on Table 6 below.

Table 5  
Boomer Demographic and Socioeconomic Characteristics

		Project Total N=408*	
		N	%
Gender			
	Male	162	40.0
	Female	243	60.0
Age			
	<45	91	23.1
	45-49	115	28.8
	50-54	112	28.1
	55-59	77	19.4
Race			
	Caucasian	399	97.8
	Black	2	0.5
	Hispanic	4	1.0
	Asian	2	.5
	Other	3	0.8
Marital Status			
	Married	334	82.5
	Widowed	9	2.2
	Divorced or separated	31	7.6
	Never married	29	7.2
	Living together as married	2	.5
Education			
	8 <sup>th</sup> grade or less	4	1.0
	Some High School	1	.2
	High School/GED	71	17.5
	Technical school/community college	38	9.4
	Some college/two-year degree	131	32.2
	Four years college or more	161	39.6
Volunteering			
	No	372	91.2
	Yes	36	8.8

\*Column totals may be less than 408 due to missing data

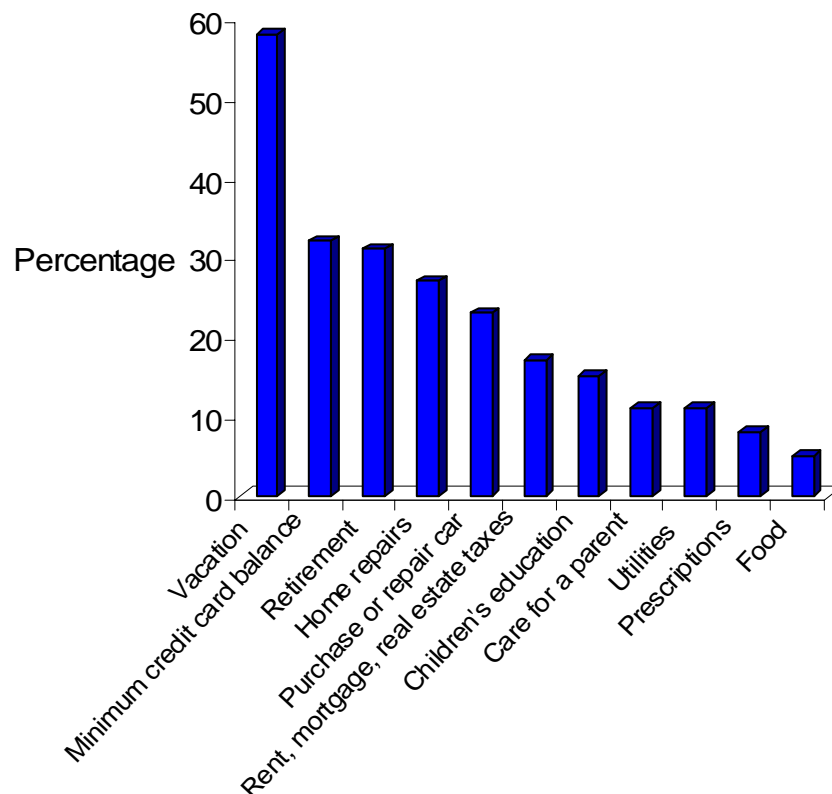
Table 6  
Financial Fitness

	Project Total N=408*	
	N	%
Employment Status		
Work full time	296	72.5
Work part time	69	16.9
Unemployed	14	3.4
Not looking for work/retired	17	4.2
Occupation		
Healthcare	47	11.5
Education	54	13.2
Business	41	10.0
State/City employee	93	22.8
Clergy	23	5.6
Sales/retail	3	.7
Skilled trade	30	7.4
Manufacturing	35	8.6
Military	25	6.1
Other	57	14.0
Annual Income		
Less than \$10,000	5	1.4
\$10,000 - \$29,999	11	3.1
\$30,000 - \$49,999	38	10.7
\$50,000 - \$74,999	85	23.9
\$75,000 - \$99,999	76	21.3
\$100,000 or more	141	39.6
Save for Retirement on a Regular Basis		
No	50	13.9
Yes	310	86.1
Have Long-Term Care Insurance		
No	292	81.1
Yes	47	13.1
Not sure	21	5.8

\*Column totals may be less than 408 due to missing data

Saving money for a vacation, paying off debt, saving for retirement, and paying for home repairs and improvements are the most significant financial challenges for the Boomer population. When asked if there were any times in the past 12 months when they did not have enough money to cover expenses, 58% (n=92) indicate they do not have enough money to take a vacation, 32% (n=51) are not able to pay more than the minimum balance due on a credit card, 31% (n=49) are not able to pay into a retirement account, 27% (n=44) don't have enough money for home repairs or improvements, 23% (n=37) are unable to purchase or repair a car, and 17% (n=24) don't have enough money to pay rent, mortgage, or real estate taxes. In addition, 15% (n=23) are unable to pay for their children's education, and 11% (n=18) don't have enough income to care for a parent. Another 11% (n=17) report not having sufficient money to pay for utility bills, 8% (n=13) lack funds to cover a prescription for medicine or had to reduce their dosage, and 5% (n=8) did not have enough money to pay for food. (see Figure 7) .

Figure 7  
Expenses for Which Respondents did not Have Enough Money\*



\* Categories are not mutually exclusive

### 3. Housing

In response to questions the Ellington Human Services Commission had regarding the housing needs of the Boomer population, several survey questions focus on current and future housing needs. More than three-quarters (88%) of the Boomer respondents currently reside in their own home. Another 7% live in apartments, 4% in condominiums, and less than 1% each live in an assisted living facility or with a child in their home.

When asked what type of housing they would consider living in as they grow older, more than two-thirds (71%) report they would like to live in their own house. Another 14% would consider living in an apartment, and 46% would like to live in a condominium. Thirty percent would like to live in an apartment complex for the elderly and 23% in an assisted living facility. Eight percent of respondents would consider living with a child in their home and 3% report they would consider living in a nursing home. In addition, 4% indicate other living arrangements, such as 55+ communities. Despite these diverse housing arrangements desired for the future, less than one-third (31%) of respondents rate remaining in Ellington as very important as they grow older (see Table 7).

Table 7  
Current and Future Housing Characteristics

	Project Total N=408	
	N*	%
Current Housing		
My own house	357	87.5
Private apartment	28	6.9
Condominium	18	4.4
Assisted Living Facility	1	0.2
With my child in their home	1	0.2
Other	3	0.7
Like to Remain in Ellington as you Grow Older		
Very important	125	30.9
Somewhat important	192	47.5
Not important	87	21.5
Future Housing**		
My own house	291	71.3
Apartment	56	13.7
Condominium	188	46.1
Elderly apartment complex	123	30.1
Assisted Living Facility	94	23.0
With my child in their home	33	8.1
Nursing home	12	2.9
Other	18	3.6

\*Column totals may be less than 408 due to missing data

\*\*Category not mutually exclusive

#### 4. Greatest Concerns about Staying in Ellington

In an open-ended question, Boomer respondents were asked to indicate what concerns they have about living in the town of Ellington (see Appendix K). The following themes emerged from 750 responses generated by 381 separate respondents and are presented below with supporting quotes.



a. Cost of living

Forty-five percent of Boomer responses are concerned with the cost of living and respondents' ability to pay property taxes. Many are concerned that because of the rising cost of taxes and living on a fixed income, they will be unable to remain in their homes and in the town of Ellington as they grow older.

*Will I be able to pay my taxes?*

*Will I be able to afford living here after I retire?*

*Rising taxes are more than my mortgage now.*

b. Town/Neighborhood

Over 25% of responses indicate that respondents are concerned that the town of Ellington is losing its country charm because of the over development of open spaces. They don't want it to grow too big and want to protect the farmlands from being subdivided and turned into sophisticated housing developments.

*Gotten over developed, lost or losing country charm.*

*Seeing farmlands turned into elaborate subdivisions.*

While many respondents are alarmed over the tremendous growth in population that Ellington is experiencing, some are also concerned that the town will become less friendly and neighborly as a community.

*It's becoming overpopulated.*

*That it will remain a friendly, neighborly community.*

As the population rapidly increases in Ellington, respondents are clearly concerned about noise, traffic congestion, and pollution. They are also concerned about the speed at which traffic moves and that the present road system is inadequate to handle the volume of traffic being experienced. In addition, respondents report their concern about the lack of paths and sidewalk, especially in the center of town and the need for more awareness of public safety.

*Hill and Pinney road becoming like Rte. 190 – fast, congested.*

*As town grows, the current road system cannot handle the traffic.*

*Lack of paths and sidewalks.*

*Being able to walk safely in the center of town.*

While some respondents would like better access to stores and are concerned that there should be more business to counterbalance taxes and help build a better tax base, others are more concerned about urban sprawl and commercialization including the large stores that are becoming part of Ellington's landscape. Some respondents realize commercial and industrial growth are necessary, but want better zoning to protect the town from becoming overly commercialized.

*Access to stores.*

*Bring business in to offset taxes.*

*Commercial/industrial growth which is needed – not being done in an appropriate rural considerate way*

Some of the 25% of responses are concerned about the quality of town government and suggest there should be better fiscal management and planning. Some are concerned that the town doesn't have professional town planners while others report apprehension about the ability of the town to handle the rapid growth Ellington is experiencing. In addition, there is an overall concern that Ellington doesn't have a clear vision for the future.

*Quality of town government.*

*Town fiscal management and planning.*

*Ability of town to handle growth and growth-related issues.*

*Town does not have a clear future vision.*

### c. Housing

Ten percent of the quotes focus on affordable housing in the town of Ellington and suggest that more moderately priced housing be offered. Many are concerned that senior housing is not only over-priced but the houses are too big. In addition, Boomers propose that because senior housing is limited, a wider range of housing options should be made available. Some respondents are concerned that they might not meet the income requirements to qualify for an elderly complex apartment while others would like to have an assisted living facility as an option.

*Price of housing is out of control.*

*Inappropriate over 55 housing – houses are too big and over-priced.*

*Being able to get an apartment at the elderly complex.*

*Lack of assisted living facility.*

d. Transportation

Six percent of responses show concern that there is no available public transportation in the town of Ellington. Respondents indicate they would like to have reliable senior transportation in the future. Respondents are also concerned that when they are unable to drive, they may have no way to get to doctor appointments, to the pharmacy, and to grocery stores.

*The town is isolated – there's no public transportation.*

*Senior vans and taxis.*

*Concerned about mobility – after driving privilege is gone.*

*Transportation to health care, pharmacy, and grocery stores.*

e. Services for Older Adults

In 3% of quotes, Boomers express concern that services for seniors in Ellington will be significantly limited and not conveniently located. In addition, they are concerned that community services may not be accessible.

*Services for elderly – very limited.*

*Location of services.*

f. Recreation Activities

Two percent of responses show Ellington respondents would like to have opportunities to participate in meaningful recreational activities and are concerned about what will be available to them in the future. A fitness center, including a swimming pool, and expanded library programs would enrich their lives.

*Healthful activities for seniors.*

*Lack of recreation area.*

g. Other Concerns

Another 2% of responses indicate that a few respondents are concerned they won't be able to stay close to family and friends that are part of their support network.

*Staying near my children, but rents are high.*

Another 2% of respondents are concerned that senior activities will be limited or lost and would like to have current activities continued or improved upon. Some are also concerned there won't be a place to exercise in the winter or that there won't be enough cultural activities.

*Continued and better activities for elders.*

*Lack of recreation area.*

*Too few cultural activities.*

Responses suggest that Boomer respondents want access to medical care as they age and express concern that capable emergency care may not be available when needed. They want:

*Access to medical facilities as we age.*

*Competent emergency care (response team and hospital).*

Some Boomer respondents wonder if the senior center in Ellington will have services if they need them. Others are concerned about the size of the senior center program and suggest expanding the senior center.

*Will Ellington have social services or the senior center for help?*

*We need a new one! A big one!*

A few Ellington respondents are concerned about loss of town services and want to have services that are accessible, while others are apprehensive about fees for services rising. Some respondents also wonder if they will have access to the services they'll need in helping them care for their home as they grow older.

*Having town services easily available.*

*Extra fees for services curtailed.*

*Will I be able to get help to care for my home and property as I age?*

## 5. Health

Like the 60+ respondents, more than half of Boomer respondents report themselves to be in good (54%) or excellent (39%) health. Six percent of respondents report their overall health to be fair and less than 1% rate their health as poor (see Figure 8). While more than half of the Boomer respondents (57%)

report seeing a doctor or other health care professional one or two times in the last three months, nearly one-third (32%) report they have not seen a doctor or other health care professional at all in the last three months. In addition, 11% of respondents report seeing a doctor three or more times in the last three months (see Figure 9).

Figure 8  
Self-Reported Health

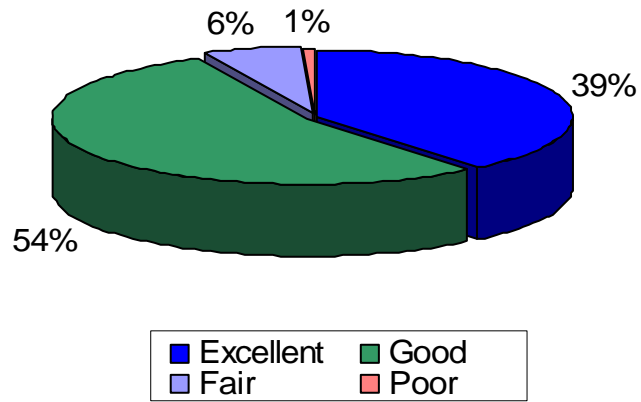
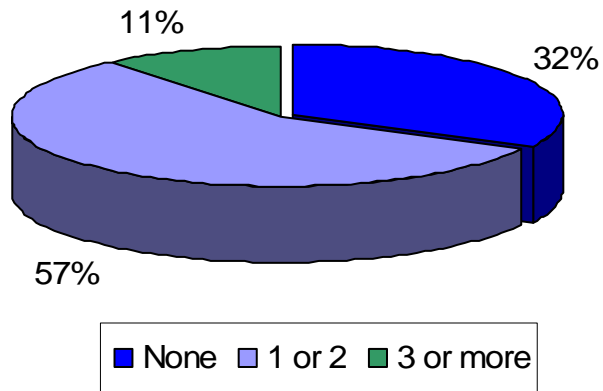
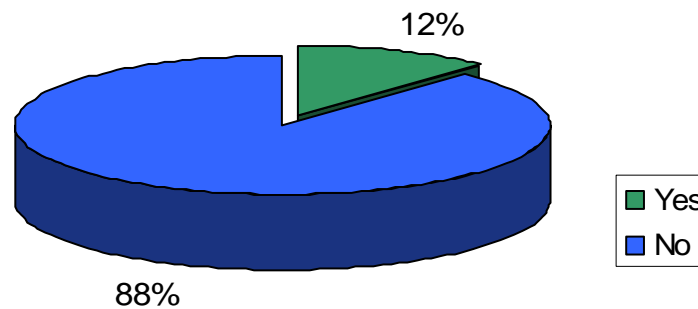


Figure 9  
Number of Medical Visits



Depression for both the 60+ and Boomer cohorts was measured by using the Yale University one question depression screen, “Do you often feel sad or depressed?” Results from this survey indicate that depression is a problem for 12% of Boomer respondents (see Figure 10). A breakdown by gender shows that 8% of male respondents and 15% of female respondents often feel sad or depressed.

Figure 10  
Feeling Sad or Depressed



Respondents report using the following mental health services in the past 3 months (non-mutually exclusive categories):

➤ doctor	28	6.9%
➤ clergy	2	0.5%
➤ psychiatrist	9	2.2%
➤ social worker	4	1.0%
➤ psychologist	15	3.7%
➤ support group AA, NA	7	1.7%
➤ therapist/counselor	18	4.4%
➤ other	2	0.5%

Demographic trends indicate that a significant number of post-World War II Baby Boomers have disabilities and that as this cohort ages, the number of years that people with disabling conditions will need assistive services is likely to grow (Fleming, Evans, and Chutka, 2003). Eleven percent (n=43) of Ellington Boomer respondents indicate they have a condition or disability that limits their activity. A wide range of medical conditions and disabilities are represented and include: asthma, diabetes, fibromyalgia syndrome, hepatitis, multiple sclerosis, osteoarthritis, Parkinson's disease, and vision impairment.

It is widely acknowledged that one key to improving quality of life is through a lifelong practice of moderate physical activity. Less than one-third (30%) of Boomer respondents indicate they don't exercise or only exercise occasionally. Eight percent indicate they exercise one to three times a month, and a little more than one-third (34.8%) exercise one to three times per week. One-quarter (25%) of Boomer respondents report participating in physical activity four to seven times a week.

The subgroup of Boomers who do not exercise report a variety of reasons for not doing so. Most of these respondents (22%) indicate that lack of time is the reason they do not exercise. Another 21% report they lack motivation to exercise. Some Boomers (7%) feel they exercise enough and others (6%) associate exercise with membership to a gym and report they can't afford the membership fees. Less than 1% indicate they have no interest or need to exercise. Other reasons given for not exercising include: family responsibilities and childcare, health conditions, pain, weakness, and fatigue. Additional respondents indicate they do not exercise because they feel they receive adequate physical activity at work by walking, bending, and lifting.

For decades smoking has been known to be detrimental to health, and research continues to conclusively link smoking to diseases such as leukemia and cancers of the bladder, mouth, pancreas, and stomach. As a health issue, the Ellington Human Services Commission is interested in the percent of Boomers who do or do not smoke. Survey results show that the majority (86%) of Boomer respondents report they do not smoke.

Boomer respondents were asked, "When you retire, what health care coverage will you have in addition to Medicare?" Forty-three percent of respondents indicate they will have private insurance, 6% report they will have Medigap A-J or Medicare Supplemental Insurance, and 4% indicate they will have Medicaid. In addition, 30% don't know what type of health coverage they will have when they retire.



## 6. Social Support

More than three-quarters (82%) of Boomer respondents indicate they have a relative or close friend they can turn to for help. However, 18% report they do not have a relative or close friend they can turn to for help.

One survey question asked Boomers what places they go to within the period of a week. As is to be expected, the majority of adults indicate they are an active, employed population. Seventy-three percent report they work on a daily basis, 92% visit family and friends, and 57% go to a movie or restaurant. In addition, 40% go to church, 25% go to a sporting event, 4% go to a casino. Others (17%) indicate that during a week they attend adult education classes, grocery shop, go to concerts, or volunteer. In addition, some report participation in caregiving or various leisure activities, such as golf or hunting.

## 7. Caregiving

More than one-quarter (27%) of Boomer respondents are caregivers for a spouse, friend, or other relative who resides in Ellington or in a nearby community. Another 5% care for someone who lives farther away. Memory problems are present in over one-quarter (27%) of these family and friends requiring assistance. Thirty-nine percent of respondents report their relative or friend has mild memory problems, with 14% caring for someone with moderate memory problems and 1% caring for someone with severe memory problems (see Figure 11).

When asked how difficult it is to care for a relative or friend and try to meet other responsibilities for family or work, 11% report it is very difficult and 40% report it is somewhat difficult. For others, this caregiving experience is not as burdensome: 34% indicate that it is somewhat easy, and 15% report it is very easy (see Figure 12).

Figure 11  
Level of Memory Impairment

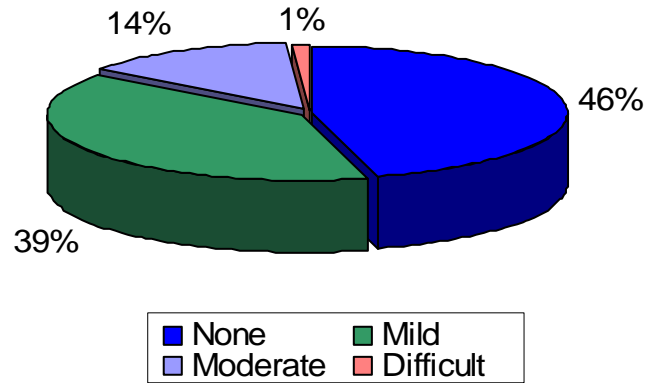
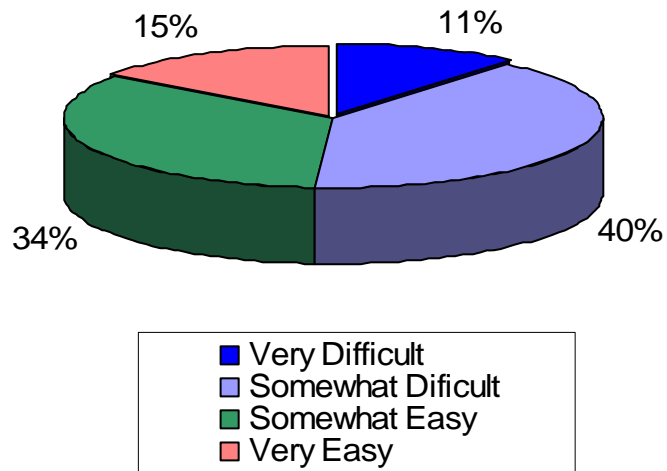


Figure 12  
Difficulty Providing Care



Fifty-eight percent of Boomer caregivers indicate that in the last two years they have not been absent from work or used sick or vacation time in order to fulfill caregiving responsibilities. Nearly a third (32%) of respondents report missing one to six days of work, another 7% report missing one week of work, and 4% report an absence of a month or more from work.

#### a. Assistance Services Used in Caregiving

The majority (74%) of caregivers in the Boomer population do not use any services to help care for a relative or friend. The most frequent service used is the visiting nurse services (26%), and 13% use a home health aide. Other services used by caregivers include: Meals on Wheels (9%), homemaker services (9%), adult day care (6%), Hospice (5%), Senior Center van (5%), case management services (4%), Dial-a-Ride (4%), senior companion (2%), and caregivers support group (2%). Only 2% use programs at the Ellington Senior Center for assistance with caregiving. Other services used by a small minority include assisted living and nursing homes.

Eighty-six percent of respondents were able to find all the caregiving services they need. Of those caregivers who were unable to locate needed services, 66% indicate they did not know what services were available. Twenty-seven percent could not find services or help that was qualified and reliable, and 22% could not afford services that were available. In addition, 11% each could not find the services needed or they could not find anyone to hire.

Most caregivers (73%) in the Boomer population rely on the unpaid services of family and friends (see Figures 13 and 14). Twenty-eight percent of caregivers are assisted by three or more relatives or friends that are unpaid. Twenty-two percent are assisted by two relatives or friends and 23% are assisted by one relative or friend. Twenty-seven percent of caregivers receive no additional help. When asked how likely they think it is that the family and friends helping them now will be able to assist them one year from now, 65% of respondents indicate that it is very likely the same people will be helping them, 25% indicate it is somewhat likely, and 10% indicate it is not likely they will have the same people helping them in one year.

Figure 13  
Use of Unpaid Caregiving Services

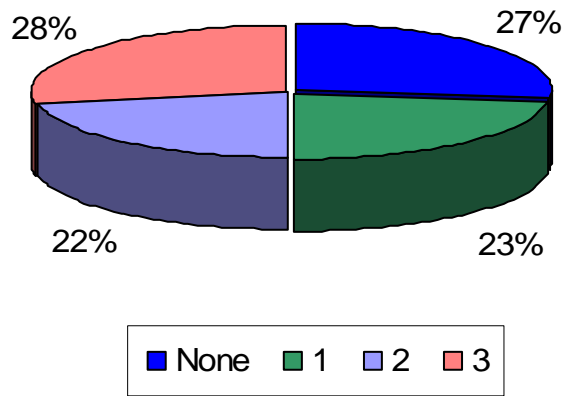
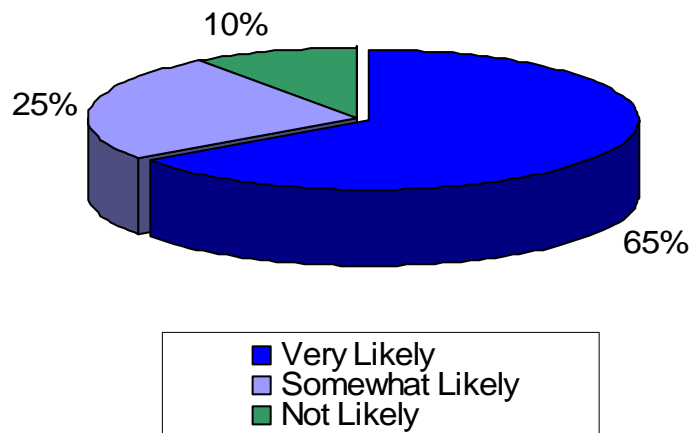


Figure 14  
Family Still Providing Care in One Year



### b. Transportation Challenges in Caregiving

An additional question asked Boomer caregivers to indicate what difficulties they have in getting transportation for a relative or friend. More than one-half of respondents (56%) report that because of work, or other activities, they are not always available to transport their relative or friend. Sixteen percent report that Dial-a-Ride or other transportation is unavailable or inconvenient, 14% indicate that public buses and vans are unavailable, and 8% report that there is no door-to-door assistance. In addition, 7% report that transportation costs too much, 6% indicate that no one can be depended upon, and 5% are unable to use transportation because of physical or other impairments.

### c. Caregiving Assistance

Respondents were asked what services they would like to have or would be helpful in the care of their relative or friend (see Appendix L). Of the 77 responses, 29% (n=22) would like transportation services. This includes reliable transportation for doctor appointments, Dial-a-Ride and a broader route for the senior van. Nine percent (n=7) would like to have home health aide services, and 8% (n=6) would like an elderly outreach program. An additional 6% (n=5) indicate an interest in homemaker services, while 5% each (n=4) indicate they would like affordable low income housing or assisted living and help with financial planning and home maintenance. Other desired services mentioned less frequently include visiting nurse, Meals on Wheels, caregiver support groups, friendly visiting program, and respite care.

*Expanded transportation services for seniors.*

*Home health aide on as needed basis.*

*In home cleaning/lawn care (all for my parents).*

*An elderly outreach program which would provide day trips for seniors and such activities locally to give the elderly something to do.*

*Counseling for caregivers.*

## 8. Additional Services Desired for Older Adults

In an open-ended question (see Appendix M), Boomer respondents were asked what additional services Ellington should offer to older adults. Respondents show an interest in aging productively with adequate and affordable services and activities to meet their physiological, psychological, and sociological needs. Boomer responses are a significant indication of the services they value most and

offer future direction for community-based programs and services in Ellington. Common themes which emerged from 250 responses generated by 169 separate respondents include the need for greater variety of activities, transportation, affordable living expenses, and medical care; these are presented below with supporting quotes.

a. Affordable and Accessible Transportation

The largest group of responses (15%) indicate that respondents would like affordable and accessible transportation. They want transportation to various places including doctors, stores, libraries, and places of worship.

*Public transportation other than senior van.*

*Bus service.*

*Daily transportation to libraries, stores, doctor appointments*

*Transportation to area malls*

*Transportation to places of worship – Sun AM*

b. Recreation Activities

Fourteen percent of responses indicate respondents' interests in affordable, improved recreational activities including bowling, golf league, entertainment, and trips. Some would also like to have an indoor community swimming pool and fitness center.

*Better recreation opportunities.*

*Reasonable priced trips.*

*Entertainment exclusively for seniors.*

*Health and exercising center.*

c. Social Services and Outreach

In 12% of quotes, social services are indicated as being important to respondents. Some report an interest in a broader range of services for homebound seniors and increasing staff to support such services while others would like companion locator services.

*Services for homebound seniors is important.*

*Additional support staff for elder seniors.*

*Home visitation.*

*Some kind of system for contacting frail elderly daily by telephone.*

d. Reduction in the Cost of Living

Ten percent of responses indicate respondents' interests in additional services that would enable them to contend with the rising cost of living. Some indicate an interest in heating assistance while others would like any kind of tax break.

*Lower taxes for the elderly.*

*Heating and power assistance.*

e. Additional Services

Other services that respondents would like to have in the future include affordable housing, adult education opportunities, access to medical and mental health services, activities at the senior center, and town-wide handicapped accessibility.

*More affordable housing*

*More education in regard to insurances, investments, etc.*

*Health clinics and screenings*

*Lunches at senior center*

*More handicap accessible buildings and parking.*

f. Satisfaction With Services

While most respondents in the Boomer population include suggestions to improve services for older adults, a few are satisfied with current service provisions.

*I feel there are already far too many services offered, and that some of these should be eliminated.*

*OK as it is for now.*

#### g. Unawareness of Services and Future Educational Outreach

A few respondents appear to be unaware of services that are currently available or find it difficult to think about what life could be like in the future. This may suggest an opportunity to plan for and implement educational programs in the community.

*Not sure what is offered at this time*

*I'm not really old enough to know yet*

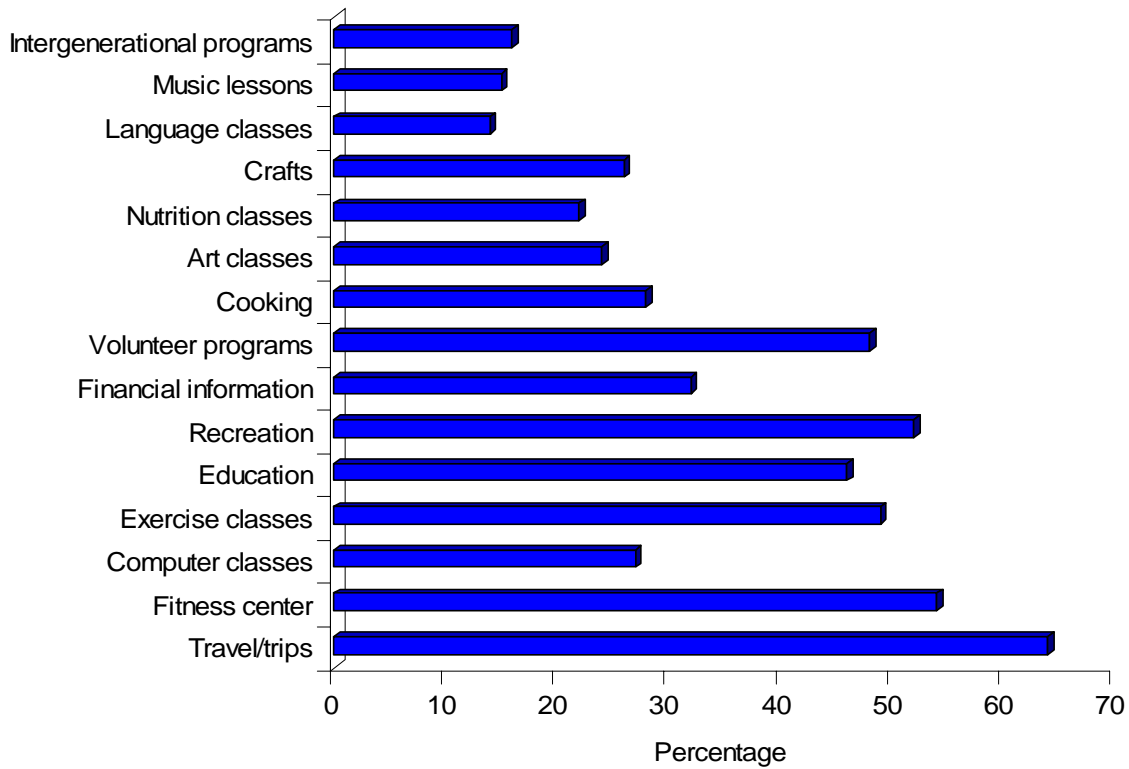
#### 9. Senior Center: Activities and Outlook

Senior centers are valuable in transitioning older autonomous adults out of isolation into positive settings where they can benefit from activity, advocacy, companionship, food, security, and transportation. Most of the Boomer respondents (75%) agree that the senior center plays a role in the lives of loved ones, friends and neighbors.

In a question asking Boomer respondents what senior center activities they would like available to them in the future, most (64%) are interested in travel or trip activities. Fifty-four percent of respondents are interested in a fitness center and 52% in recreation. In addition, 49% are interested in exercise classes, 48% in volunteer programs, 46% in education, 32% in financial information programs, 28% in cooking, 27% in computer classes, 26% in crafts, and 24% in art classes. In addition, 22% are interested in nutrition, 15% in music classes, and 14% in language classes (see Figure 15).



Figure 15  
Senior Center: Outlook and Activities



Respondents suggest such senior center activities as gardening, movie night, spiritual/religious classes, card games, scrapbooking, yoga, and wellness clinics.

In a question asking respondents to select the best name for a senior center facility offering the range of programs listed in the survey, 55% prefer Ellington Community Center, 8% prefer The Vital Living Center, and 4% prefer The Older Adult Community Center. Other suggestions for senior center names include:

- ❑ Ellington Knowledgeable Adult Community Center
- ❑ Ellington Senior Center
- ❑ Ellington Social Center
- ❑ Senior Ellington Community Center
- ❑ The Vital Living Center for Seniors

## 10. A Bright Future for Ellington

The following results refer to respondent data that are centered around an open-ended question and two questions that are quantitative but also have a qualitative component (see below).

- ❑ What can make Ellington a more functional or supportive place to live in as you grow older?
- ❑ What additional businesses would you like to see developed in Ellington?
- ❑ Where would you like these businesses developed?

An additional open-ended question invited respondents to make additional comments about Ellington.

- ❑ Is there anything else you would like to add?

### What can make Ellington a more functional and supportive place

Several themes emerged from 418 qualitative responses generated by 270 separate respondents as ways to make Ellington a more functional and supportive place to live as residents grow older (see Appendix N). Common themes include preserving the open spaces in Ellington, having a common vision for the future, more fiscal responsibility, reduction in the cost of living, improved recreation activities, better transportation, and affordable housing.

#### a. Town/Neighborhood

Thirty-seven percent of responses are concerned about how the town of Ellington is developed and governed. Boomers want to maintain Ellington's country atmosphere and farmlands, and don't want it to become overpopulated.

*More open space – keep Ellington rural please.*

*Save farmland.*

*Keep Ellington exclusive, not over populated.*

Twenty percent of responses show concern about town planning and spending and the lack of vision for long term growth and development. Respondents want capable town officials who can adequately assess and project the town's growth as well as those who can demonstrate control over spending and financial responsibility.

*Long term vision for growth and development.*

*Town planning – NOW!!*

*More financial responsibility on the part of our town government.*

Respondents also suggest the town should address Ellington's infrastructure and safety needs including increased funds for fire and police, attention to traffic problems, and the need for sidewalks.

*Town should have a plan to stabilize the town's infrastructure by setting aside funds in anticipation of fire, police, and ambulance needs.*

*A police department with more staff, better communication between them and residents.*

*Town needs to address traffic problems ASAP!*

*Evaluate options and correct problem with traffic at difficult intersections*

In addition, these respondents suggest a more functional town should be concerned about better zoning, less development of housing and more attention to natural resources, such as Crystal Lake.

*Force development along Rt. 83 to resemble Avon and other communities where zoning requires attractive buildings versus flat-roofed businesses.*

*Control zoning – more attractive businesses – no eyesores like Lee's Auto.*

*More attention to resources, such as Crystal Lake.*

While some respondents like Ellington the way it is, others want to stabilize the tax base by encouraging small businesses to become established in the town.

*Concerning additional businesses – the town is growing too fast. We like it the way it is.*

*Invite and encourage more industry to help with taxes*

*Encourage private enterprise to build*

*Have small helpful supermarkets like Ellington Supermarket*

#### b. Reduction in the Cost of Living

Fourteen percent of responses indicate that creating a stable tax base, lowering taxes, and freezing property taxes for seniors would help Ellington become a more functional and more supportive place to live in. Respondents want to curb tax increases in order to slow the rise in the cost of living.

*Need additional commercial development to support tax base.*

*Don't raise my taxes!*

*A new real estate tax system that would reduce taxes if there are no school age children.*

#### c. Recreation Activities

The responses of 12% of respondents suggest that having more activities available for residents including older adults would make Ellington a more functional and supportive place to live. Many would like to have a fitness center and an indoor pool for exercising. Others would like to have biking and walking trails.

*More activities for ACTIVE older adults (55+).*

*More social events.*

*Indoor pool.*

*Easy biking and walking trails.*

#### d. Transportation

Eleven percent of responses clearly indicate that respondents feel more reliable and convenient transportation in Ellington would make it a better place to live as people grow older.

*Reliable, convenient transportation, especially to medical specialists in other towns.*

*Available transportation for those who don't drive.*

#### e. Affordable Housing

Eleven percent of responses also indicate that affordable places to live would help make Ellington a better place to grow older in. Some would like

specific housing for those 55 and older while others would like better located housing.

*Assisted living facilities.*

*Affordable housing close to the center of town.*

f. Senior Services/Social Services

In five percent of responses, respondents suggest more senior services would help make Ellington a more support place to live. Another 4% indicate that better services including a regular newsletter, and additional volunteer services would make Ellington more supportive of aging residents.

*Resources available for elderly (money).*

*Better regular newsletter.*

*Offer more volunteer services.*

g. Health Services

Health services are valued by a small number of respondents as reflected in 4% of responses indicating that a local hospital and other health services, such as clinics, doctors, home health care services, and adult day care and nursing facilities would enable Ellington to provide a more supportive environment for those living there.

*Better hospitals nearby.*

*Local general doctors.*

*Available services – home care, VNA.*

*Day care/nursing facility.*

h. Senior center

Another 4% of responses suggest that an active senior center is important in making the town a more functional place to live. Some would like a bigger senior center and others would like the services at the center augmented.

*Active senior center/Volunteer activities.*

*Continue to enhance the services of the senior center.*

#### i. Services/Repairs

A small number of Boomer responses (4%) indicate an interest in home services and repairs and feel more reliable town services would make Ellington a better place to live.

*A listing of services for people needing help with their own homes (gardens, lawns, snow removal, etc.).*

*More concentrated services in center of town.*

*Better town services – leaf pick-up.*

#### j. Education

Three percent of responses underscore the importance of education for adults and children and suggest there should be more funds allotted for education classes. Other respondents value a good educational system for children and see it as an important part of creating a town that is both functional and supportive.

*More money towards education.*

*Educational programs, i.e., financial, medical.*

*Good schools so I can raise my children here.*

#### Additional Development of Businesses

Respondents were asked what additional businesses they would like developed in Ellington. Forty-eight percent indicate they would like to have more restaurants. Forty-five report they would like a fitness/sports center, and 39% would like additional health care services. In addition, 34% would like more entertainment and 31% would like additional retail shops. Other specific responses include: theaters, Walmart, a garden center, and light industry.

#### Location of additional businesses

Most respondents (28%) indicate they would like additional businesses that are village style. Five percent would like additional businesses located along a central corridor, and another 3% would like them in their neighborhood. An additional 15% want businesses in an industrial park or along Route 83 while some of this 15% do not want additional businesses located anywhere in the town.

### Additional Boomer Comments

Boomer respondents were given the opportunity to make additional comments at the end of the survey (see Appendix O). The majority of responses focused on several common themes including concerns about the town and its neighborhoods, cost of living, affordable housing, and education. The following themes emerged from 111 responses generated by 111 separate respondents and are presented below with supporting quotes.

#### a. Town/Neighborhood

Many respondents like Ellington and want to maintain its country feeling and strong sense of community. While some respondents may move as the town's population increases, others indicate a need for planned and thoughtful development as the town grows.

*My parents and siblings live in Ellington because of its country character. Should it continue to grow as it is now, we will not live here in our retirement years.*

*We moved to Ellington 16 years ago because of its great schools and great sense of community. While change and growth are inevitable, it would be a shame to see Ellington developed to the point where the neighborly feeling is lost.*

*My wife and I are both four generation Ellington residents. Networks of family and the rural closeness of townspeople and trust between residents has been Ellington's strength. Can we keep this trust/friendship and pride in Ellington as it grows?*

*I would like to see Ellington try to keep as much rural landscape undeveloped as possible and plan necessary development wisely.*

*I would like to see a plan for controlled development with guidelines that keep development more "country-like" versus sprawling, disconnected development i.e. Vernon Circle. Sedona Az is an excellent example of controlled development. Buildings, sidewalks, lightings, and landscaping all have to adhere to certain design guidelines to fit into the surrounding natural environment.*

Although many respondents feel very positive about Ellington, they want responsible fiscal management and spending of tax dollars.

*Ellington is a beautiful and wonderful town. Overall this is a great town with a good administration.*

*We need to run our town like a business. Eliminate waste and outsource remedial tasks. We must search for cost reduction and set goals to reduce the cost of running the town.*

#### b. Cost of Living

There is a strong concern about the cost of living and the tax rate in Ellington. Some respondents are concerned that they won't be able to remain in Ellington because of the cost of living.

*The mil rate is getting quite ridiculous and I believe the management of the town is ineffective in trying to reduce the tax burden on its residents.*

*Most seniors have been in Ellington for at least 50 years. What are you providing these supportive residents – besides heftier tax bills – which they can't afford. We don't want to leave but more can't afford to stay.*

*Special consideration needs to be paid to our seniors, their living expenses are outrageous with insurance, prescriptions, every day living, etc. our seniors are the ones that built our town and I feel we need to care for them, but to me it appears that our town officials don't see that!*

*I'm not yet a senior but am disabled at 44. As I get older, affordable living is my main concern.*

#### c. Affordable Housing

In addition to the cost of living, there are concerns about affordable housing. Respondents would like a broader range of living options, especially for seniors.

*Development of senior housing – similar to Welles Country Village to provide a wide range of living arrangements to a cross section of older adults.*

*I love this town, but seniors need a one floor place to live that is both reasonable in cost and bigger than a closet! That is why I can't get my mom into a senior place because they are so small. We are not second class citizens and we more than paid our dues. We should be treated better!*



#### d. Education

While there are strong feelings that the educational system needs funds to provide children with a good education, there are also strong feelings that the schools are “bankrupting” the town. Respondents want a resolution to the problem.

*I still have children in the school system and I do not like the “anti-school system” attitude the older citizens have. There needs to be a better understanding between the generations and a bigger tax break for seniors so they do not hate the schools. It is a “us versus them” feeling and that is bad.*

*Town is growing, schools aren’t keeping up. Need to concentrate more on that. Remember they will be taking care of us later.*

*We need to stop taking money from education to fund programs for seniors. We have a responsibility to provide education and safe programs (like school sports) to help the next generation grow up.*

*School budget costs are adversely affecting our kids. I believe the budget didn’t pass because tax payers are sick of uncontrolled residential growth that isn’t bringing in enough taxes to pay for their kids’ education.*

*End binding arbitration – schools are bankrupting the town and its residents!*

#### C. Focus Groups

Qualitative data was obtained from three different focus groups: Senior Center, Snipsic Village, and Youth. Results are reported below by groups.

##### Senior Center Focus Group

Thirteen people participated in the Senior Center focus group. Ages of participants ranged from 63 to 83 years old with the average age at 74. Eleven were female and two were male. All were White or Caucasian. Nine own their own home, two live in a private apartment, one lives in a condominium, and one rents. Currently, eight are living alone, four live with a spouse, and one person has adult children living with her. Twelve want to remain in Ellington as they grow older and one isn’t sure about future living arrangements. Seven of the participants have a high school diploma, four have a college degree, one has some high school, and one has some college. Four of the participants are married, four are widowed, three have never been married, and two are divorced.

In response to the first discussion question, “When you think of Ellington, what comes to mind?” focus group participants mentioned: country living/rural feeling, cows, smells, thriving town/metropolis, bus service, new van, the way the town is growing (schools, stores, traffic), and Rt. 83 becoming a strip.

Senior Center focus group participants reported living in Ellington for twenty, thirty, forty and fifty-four years, while several others have lived in the town for sixty-four, seventy-nine and eighty years. The average length of time participants have lived in the town is 52 years.

Almost everyone in the group envisioned themselves living in the town of Ellington in the future. Some expressed wanting to remain in the town because it is comfortable, there is a lot to do, and family and friends are nearby. Some participants expressed wanting to remain in Ellington but shared concerns about the high cost of rent and that it's not comfortable financially. Lack of attention to the service needs of seniors in the community is also a concern and may influence whether or not they want to continue living in Ellington.

*There is no agency or group to provide easy service – change a light bulb, carry a box.*

*Awareness of falling...the village senior centers have no railing and it's easy to fall down.*

Most of the participants in this group drive although three people are limited in when and how far they can travel and others expressed concern that in five years they will have to significantly limit their driving. Several in the group suggested that better transportation would make it easier to live in Ellington.

*Senior van is vital.*

*The Senior Center does not offer late night transportation.*

*Without a car people just won't go to activities.*

Housing is an issue in whether or not some of the residents in this focus group think they will be able to remain in Ellington, although they want to. They explained that while housing is available, it is expensive. Housing that is currently being built for adults 55 and older is costly, and individual homes are infrequently offered for less than \$200,000.

*The town has grown rapidly. It used to care for our elders. We don't do that now. Little care goes into housing development.*

*Like to see prior planning.*

*Houses are for sale. People are here for two years and move on. I wonder if they leave us with tax debts.*

Focus group participants were asked if they need help with physical assistance or shopping and what town agencies they would call or turn to. Some said they would turn to a family member first, while others voiced concern that they don't have any family members to turn to and can't afford outside help.

*I'd have to turn to the phone book; I don't have family...or word of mouth. I will have to pay the price or go without.*

Additional services that focus group participants would like the town to provide include home maintenance service such as raking and shoveling, and increasing social activities and transportation options.

While there are concerns about Ellington, a number of positive comments about the town were made.

*The parks are lovely.*

*There are activities for many people.*

*The people in Ellington are caring.*

Focus group participants were asked what comes to mind when they think of the Senior Center. Responses included: activity, companionship, socialization, a place where people can feel comfortable, information, and culture. Participants are concerned that people have unique perceptions about aging and senior centers – that they're for "old people." Other concerns include how to involve men in the senior center and providing activities that would appeal to them. One participant offered that such concerns are "always talked about...nothing happens."

When asked what could be done better at the Senior Center, focus group participants suggested that it's important to attract the young old, that there needs to be more publicity and a bigger center.

When asked about what comes to mind when they think about the Community Center, participants mentioned: kids, not segregating kids from older adults, and sharing a building – a joint venture. It was mentioned that one of the advantages of a joint venture is the energy that young people generate. Several people mentioned that teachers at the schools have been very good at mixing groups and how they appreciate the emphasis on this important aspect of community. Concerns include the need to carefully research a community center.

Focus group participants were asked if they could wave a magic wand and change something in the town of Ellington, what would it be?

*Reduce taxes.*

*Reduce development.*

*Increase the budget.*

*Increase interest on the part of town residents.*

*Have a bigger senior center.*

*Need a different way of thinking about others.*

*Increase support of commercial people.*

#### Snipsic Village Focus Group

Seven people participated in the Snipsic Village focus group. Ages of participants ranged from 55 to 93 with the average age at 78. Five of the participants were female and two were male. All were White or Caucasian. All of the participants live alone in private apartments in Snipsic Village, which provides senior housing. Six participants want to remain in Ellington as they grow older and one left the question blank. Four people received a high school diploma, two had some college, and one had some high school.

In response to the first discussion question, “When you think of Ellington, what comes to mind?” focus group participants mentioned: peace and tranquility, rapid growth since the 1950s, progress, and the smell from the cows.

*I've lived here for more than sixty years and there's been remarkable change during that length of time.*

*The growth is immense!*

Several Snipsic Village focus group participants reported living in Ellington since the early 1960s while others reported living in the town for less than ten years. Most everyone in the group envisioned themselves living in the town of Ellington in the next five to ten years and want to remain in Ellington for a number of reasons.

*It's home.*

*I don't like large cities. I like the country atmosphere.*

*The price is right and people are friendly.*

*Nice atmosphere here –we have our little gardens.*

*Apartments are a good size – bigger than some of the other ones...it's comfortable and the people are nice and friendly*

*Snipsic is a nice place with nice people.*

While participants like living in Ellington, some concerns were raised about current housing situations.

*The apartments need a lot of attention. We don't want luxury, but we do want things taken care of that need to be taken care of, which isn't done!*

*There's a lot to be desired in the area of living. The buildings are old and have not been kept up. They need to be completely redone over.*

Concerns about additional changes were also expressed.

*The traffic is terrible.*

*My granddaughter used to play in the field opposite here and now it's all town buildings.*

*The Ellington marsh used to be full of pheasants, but because of the development, sportsmen who used to hunt them are being cheated.*

*Crystal Lake is lovely, but they don't have a handicap ramp there.*

Several in the Snipsic Village focus group suggested that better transportation would make it easier to live in Ellington. All participants but one had a license and still do some driving but expressed the need for help with transportation and concern that if they need transportation at some point it might not be as available as they might like it to be.

*My car is not working now and it may not be fixable so I had to take a bus to Shaws for the first time.*

*The mini bus takes us anywhere we want, but it's hard to get used to it and you have to make appointments for a ride two weeks in advance.*

*I'm healthy now, but if I became ill and couldn't drive, I would have to move closer to my daughter so she could help me more with transportation.*

*I'm back in Ellington now because I have health problems and wanted to be close to my daughter so she can help me.*

Focus group participants were asked what they would do if they needed help with physical assistance such as help with taking a shower. Residents explained that at Snipsic Village they have a resident services coordinator who is there three days a week and who makes arrangements for people who need help.

*The coordinator has been a real help.*

*She helps us with Conn Pace.*

Some reasons for wanting to live at Snipsic Village included health issues, limited income, and not being able to afford housing.

*My husband had a stroke and I was afraid to leave him so we moved here.*

*I knew when I retired my income would be reduced substantially so it made sense to move to where rent was based on income.*

*I had a house and tried to keep it after my husband died, but there were too many expenses and I moved to an apartment. Even that was too expensive so I signed up for Snipsic Village.*

Several residents reported that they go to the Senior Center occasionally. When asked what comes to mind when they think of the phrase Senior Center, residents said they think of it as a place where many different kinds of activities take place, such as knitting, computer instruction, numerous day trips, exercise classes, movies, card playing, and health screening twice a month.

*Special events are held at the Senior Center for beauty treatment – how to put makeup on.*

*Tag sales and bake sales to raise funds.*

*The Senior Center is an active place.*

When asked what could be done better at the Senior Center, focus group participants suggested that the center should allow more advance notice of programs to compensate for booking transportation, and more evening activities to bring people together. Participants also mentioned a number of programs that they would like to have offered in the future.

*Music, sing alongs, anything that has a little life to it.*

*Health programs.*

*Bingo, card games.*

Focus group participants were asked, “If you could wave a magic wand and change something in the town of Ellington, what would it be?” Some responded they want the building to stop, and another would like a pool for exercise. One participant said Crystal Lake is no longer crystal and would like it restored to what it once was. Other comments included:

*A moratorium on building houses.*

*Repair homes instead.*

*The town needs business and industry.*

*Schools have to expand.*

*More equal treatment for people with disabilities.*

#### Youth Focus Group

The youth focus group was comprised of five individuals in their teens. Discussion questions were similar to those asked in the other two focus groups, but varied. Ages of participants ranged from 15 to 19 with most being 15 years of age. Three participants were female, two were male, all were White or Caucasian, and all currently live in private homes with their parents. One participant is enrolled in college, one is entering 12<sup>th</sup> grade, and the rest are entering 10<sup>th</sup> grade. As students, participants are involved in varied activities including: Drug Abuse Prevention Council for the high school, band, color guard, dance, volunteering, youth services tutor, and Ellington Ambulance and Rescue.

In response to the first discussion question, “When you think of Ellington, what comes to mind?” focus group participants mentioned: farm land, small farms, and small town in the woods. The youth like living in Ellington for a number of reasons:

*It’s a small community.*

*You know everyone.*

*It’s pretty safe...not much crime.*

*Small is not negative. When towns get bigger, it can get chaotic.*

Youth focus group participants reported that they anticipate returning to the town of Ellington after college and want to stay there in the future.

*I want to at least stay in the area because I like the small town.*

*I've had teachers that my parents had...that's a cool thing so I'd like to stay here in Ellington.*

As with the other focus groups, youth participants voiced concerns they have about the town.

*I don't like the Big Y that's being built; it's a little much.*

*Farmers are having to sell portions of their land.*

*I'm worried about its wealth and housing projects. People move here to live in a small town, but as more move here, it no longer is the small town they were drawn to.*

*The growth of Ellington regarding the building of houses and buildings. Also the condition of the schools and the cost of sports and parking.*

*Parking costs at the high school, maintaining a small community even with the new stores and urbanization.*

*Some people are using drugs and also drinking under age and I think it is dangerous and don't like it.*

Participants were asked what they think should be done regarding the concerns they expressed. There was a general consensus that while change is inevitable historical aspects of the town and its open spaces should be protected. Some in the group want to return to the town and be involved in local government in order to make changes and to care for what should be protected.

In response to the question, "When you think about an older person, what comes to mind?" participants mentioned grandparents, experience, more time on their hands, and the need for more care. Some youth mentioned more negative aspects of being an older person including the possibility of becoming frail and senile, losing hearing and sight, getting ill, and having a slower reaction time. Several participants shared that it's important to plan for the problems that can happen as one ages.

Youth focus group participants have positive opinions about people who are older and think that they would feel comfortable going to the Senior Center.



*I enjoy talking to my grandparents. Older people have stories to tell and when you listen it's insightful.*

*When I was in middle school went to the Senior Center. It can be fun to go there and learn from the people there who have so much experience.*

*I volunteer at a hospital where I see lots of older people so I feel comfortable around them.*

*What would probably happen is you grow old in the same place and would have friends with people in the area. If your friends go to the Senior Center, you would too to hang out, play shuffleboard or watch movies.*

The youth were asked what problems they think people have as they grow older and what concerns they have regarding getting older and retirement.

*Some people might develop mental illness and can't rely on themselves.*

*Getting around because older people lose their mobility.*

*They have to deal with a lot more loss...friends die.*

*I don't think about retirement...it's forty years away. When I get a major job or a serious career, I'll have to think about retirement and a pension.*

*I want to keep working, at least part time, and pass down my experiences to others who are younger.*

*Knowing you can retire, if you want to, is a good feeling because it's stressful to work when you have to do it to live.*

Participants in this focus group like the concept of a community center and envision it as a place where intergenerational gatherings and meetings can take place, where people can do arts and crafts or have a movie night.

*A while ago there was talk of a teen center, but that never happened. A community center would be a little bit better because everyone gets to interact with all the different age groups.*

Focus group participants were asked what current town programs are important to them. Several shared that they like the Ambulance and Rescue Course because you get to see what happens in rescue situations and there is an

opportunity to become certified; it also leads to EMT certification later on, which appeals to some youth. Some youth in the group participated in the ROPE (Rite of Passage Experience) program for sixth graders. They expressed how it helps young people deal with peer pressure and enables them to make friends. Several youth mentioned that Ellington connecting with the Magnet schools is very important because it affords them opportunities to go into the city daily during the school year and opens up many opportunities that otherwise wouldn't be possible.

*Before I was involved in the Magnet school, I didn't feel as good about the city, living in a smaller town, now I'm a lot safer with the city.*

Youth were asked how they feel about the distribution of taxes and what percentage should go to different groups.

*There should be enough money for the schools. With all the budget cuts they've been doing, most of the sports you have to pay for to play. My sister has to pay to do cheerleading. There needs to be money for the roads too.*

*I had to pay \$100.00 to pay for parking at the high school. Money should go to the schools, but the roads are bad and taxes should be distributed better.*

*I want my money to benefit what's important to me. I want money to go to schools and the elderly, but you have to weigh what's more important. The older people are the matriarchs and patriarchs of the society and give so much back because they've learned so much, but the youth are the future so you have to do as best as you can to divide the money evenly and fairly...it stinks!*

*It's good if the seniors get some money because it's necessary and they deserve it.*

*There are three schools in Ellington. Crystal Lake school is in pretty poor condition, and then part of the education money went to make Center School bigger and they're still just doing roof repairs and the necessary repairs.*

Youth participants in this focus group had a great deal to say about keys to successful aging.

*Save money. Don't take your health for granted.*

*Stay mentally challenged.*

*Living your life as you want to do and enjoy doing what you're doing and going out and having some fun and keeping a positive attitude...feeling happy with what you accomplish.*

*Don't neglect your responsibilities, like job and family.*

*Make sure your family and friends know what you want if you need care.*

*Prepare for the future - make sure you have a living will.*

*Focus on mental, spiritual, physical state.*

*Achieve your goal and purpose in life.*

In closing, youth focus group participants were asked, "If you could wave a magic wand and change something in the town of Ellington, what would it be?" Some would like to get rid of the drinking and drug use. Others would like to keep the land the way it is now and not have more houses or housing development. Additional comments included:

*Keep the smallness feel – not have the land used for cookie cutter houses.*

*I don't want Big Y coming in – makes me angry.*

*Make it so farmers could keep their corn fields and be self-sustaining.*

*Keep the town the way it is and fix the problems at the schools. You don't like to see your school in bad condition...more updated school buildings.*

*Have Ellington stay Ellington and not become like Vernon or Rockville.*

#### D. Key Informant Interviews

The purpose of key informant interviews is to obtain information from a community resident who is in a position to know the community as a whole, or a particular portion of the community that one is interested in. A key informant is typically a community resident who is a professional person and can be young or old, or from a variety of socio-economic levels or ethnic groups. A good informant is able to express thoughts, feelings, opinions, and his or her perspective on a topic. While there are a number of different ways to conduct Key Informant Interviews, the ones for Ellington were conducted by telephone.

Like any assessment technique, Key Informant Interviews have advantages and disadvantages. Positive aspects of this type of data collection include the opportunity to: obtain information from many different people, including minority or “silent majority” viewpoints; gain in-depth information about certain subjects, and allow the interviewer to clarify ideas on a continual basis during the interview as needed. Some disadvantages of Key Informant Interviews include: informants may give you their own impressions and biases; the information received may be difficult to quantify and organize, and the perspectives of community members who are less visible may be overlooked.

The Ellington Human Services Commission provided the names of seventeen town officials and civic organizational leaders and twenty-five names of community and medical providers for potential interviews. These two groups of names provided a mix of people who were representative of the professionals in the Ellington community. Four interviews were completed with people representing town officials and civic organization leaders and five were completed with people who provide community or medical services. Interviewees have lived in the town of Ellington between two and 26 years; three were not residents. Because of their commitment to the town and the leadership and services they provide, these interviews contribute in a significant way to the evaluation being conducted.

Several open-ended questions were asked during the Key Informant Interviews such as, “What do you think are the positive aspects of the town of Ellington?,” and “What could the town of Ellington be doing better?” In addition, probing questions were used to encourage conversation and seek clarity or gain a more specific response and to seek completeness or additional information.

There was agreement on the positive aspects of the town of Ellington by key informant interviewees. Overall, informants like the spirit and friendliness of the community.

*People in Ellington are friendly and their work ethic is excellent.*

*People care and have a sense of community. There are many good people here who do a lot of volunteering.*

*It’s a pleasant town, a positive place to raise a family. It’s a safe community.*

*Ellington is a nice place to work. The residents are very supportive.*

Informants expressed that there are many things the town of Ellington could be doing better. Key results are shown below.

*Recreate a plan for Ellington and write regulations to match.*

*Fix planning and zoning regulations that are outdated and antiquated.*

*Create a master plan for development that includes a business district.*

*There should be a better professional evaluation of how money is spent.*

*Mobilize around all age groups and spectrum of disabilities to provide support.*

A number of concerns were expressed by informants in regard to the future of Ellington. Several informants expressed that Ellington is at a crossroads and it is a good time for residents to rally and decide together what they want to be in the future. Key informant interviewees expressed concern about the rapid growth Ellington is experiencing and need for that growth to be controlled. This includes concerns about rising taxes and the need for a reasonable tax base. In addition, Key Informants suggested that in striving to control growth, zoning should be reassessed and there should be a plan of development.

*That growth won't outstrip the ability to meet community needs and raise money through bonding. Growth needs to be controlled.*

*Many seniors are on a fixed budget and are concerned about rising taxes.*

*Need to reach out to businesses to establish a solid tax base.*

*Reassess zoning and plan of development.*

Key Informants expressed concern about the way land is being used by developers and how outdated policy is affecting local dairy farmers.

*There is an assault on land use – land is under siege by developers.*

*The thirty-year agricultural policy is crippling dairy farmers.*

Additional concerns were shared in regard to the overall high cost of new housing and the need to plan for senior housing so residents can remain in the town of Ellington.

*More planning for senior housing is needed so local residents can remain in town.*

Some Key Informants expressed concern over the costs of education, the need for a balanced community and for residents to have a prospective mindset in order to move forward as a town.

*Make sure it's a balanced community – not bankrupted by educational costs.*

*If residents don't move forward, they will get stuck financially, socially, culturally.*

Other concerns focused on the drinking problems amongst the youth and the need for them to have constructive activities to participate in. Recognizing the value and amount of work that volunteers in the town of Ellington do, concern was also expressed that they be encouraged.

*Drinking among the youth is a problem – there needs to be more for them to do*

*Protect people who volunteer – encourage them. They are a valuable asset*

Key informant interviewees made many suggestions about what they'd like to change about Ellington if they could. This included: an increase in the budget; how the land is used and zoning regulations; how to plan for and develop a commercial community; more involvement and support for the educational budget from families with school-aged children, and the development of senior housing.

*In this state, everything is tied to the tax base and how you use the land. Better zoning regulations are needed – without those nothing else happens!*

*We need a plan of how we'll present ourselves as a commercial community – using space wisely so that buildings won't be closed and empty at some point. Don't want fragmentation with multiple driveways off of the major corridor.*

*Ellington is one of the nicest towns around. It should be more restrictive in zoning matters and needs a plan of development that has a better infrastructure for efficiency (For example, sewers should be used in high density areas when those areas are initially developed and not added years later when more money will be needed to extend sewers – that's being inefficient).*

*Ellington is a wonderful town, a clean town, but they have not had strong support from families for the educational budget. I would like to see parents more engaged and supportive.*

*Senior housing – am ashamed of the current situation*

While recognizing diversity, Key Informant interviewees expressed the hope for a keener sense of community in the future and suggested places to nurture that might help encourage a sense of community, both for the youth and the community as a whole.

*Need a greater sense of community among different groups. Some people are choosing not to get involved in the town and there's some apathy so that people just want to sweep concerns under the carpet. We need to think about the future.*

*The town was going to build a pool a number of years ago. It would have provided something for the kids to do. It's not too late to build a pool.*

*Should have a community center for intergenerational use*

#### IV. Conclusion

As the number of people 60 years of age and older increases exponentially, the issue of housing quality and well-being among senior citizens assumes critical importance. This study provides information about key variables that contribute to good housing and focuses on issues related to housing such as financial fitness, transportation, programs and services or support networks, caregiving, and health including insurance and prescription coverage. Other more specific issues emerging from this study include affordability, maintenance concerns, education, town planning including the use of the town's resources, and commercial development.

Results indicate that most 60+ and Boomer respondents are female, Caucasian, married, are well educated with a four year degree or more, and are homeowners. Most 60+ respondents have an income between \$50,000 and \$75,000 while the majority of Boomer respondents have an income of over \$100,000. Most of the older cohort rate their health as good or fair while the majority of Boomers rate their health as good or excellent. Most Boomer respondents report saving regularly for retirement but only 13% have long term care insurance. Most 60+ and Boomer respondents have a supportive social network and as is to be expected most Boomers are employed full time. In addition to be employed, a little more than one-quarter are involved in providing care to someone with a mild memory impairment and are not using any formal care services.

Findings from this study show that both 60+ and Boomer respondents share the same concern over cost of living and rising taxes. Both groups of respondents

also share concerns that the town of Ellington will lose its small town appeal and rural character. There are concerns about the development of the town, rapid population growth, urban sprawl, commercialization, and concern that town leaders don't have a clear vision for Ellington. In addition, 60+ respondents are concerned about the growth in the school system and lack of responsible town spending while Boomer respondents are concerned about the availability of senior housing and services.

Findings show that while 60+ respondents are interested in home maintenance services, transportation, and a reduction in the cost of living, Boomers anticipate needing transportation, home health/homemaker services and affordable housing in the future. Additional services wanted by 60+ respondents include reduction in the cost of living, transportation, and recreation activities. Additional services Boomers are interested in include affordable and accessible transportation, recreation activities, and social outreach services.

In making Ellington a more functional and supportive place to live, both 60+ and Boomer respondents urge the town to protect the open spaces and maintain an rural, small town feel. Supporting existing merchants while restricting commercial growth and developing and enforcing zoning regulations is also considered important. Many respondents suggest that the town's infrastructure needs to be stabilized to support and plan for growth and that there needs to be better fiscal management. In addition, both 60+ and Boomer respondents indicate that in order to have a more functional and supportive town a reduction in the cost of living is needed. Information elicited from this survey represents both 60+ and Boomer cohorts and is important in providing constructive direction as Ellington plans for the future.

Common themes throughout the three focus groups and key informant interviews centered on positive aspects of living in Ellington and concerns people have about the future of Ellington. Overall, participants like living in Ellington because it has a country atmosphere, it's a small community, it's safe, and the people are friendly. Most of those interviewed want to remain in Ellington as they grow older but are concerned that Ellington will lose its small town feel and that the rapid growth it is experiencing won't be managed properly or wisely. Although many participants feel taxes and development should be reduced, they want to increase the budget to provide better programs and services to both seniors and school children. A number of participants want to help farmers be able to be self-sustaining and want to preserve some of the open space. There is considerable concern about how open space is currently being developed. Many participants underscored the need for the creation of a master plan to assist in managing the rapid growth Ellington is experiencing. Participants also stressed the importance of looking to the future when planning. Clearly, Ellington is a town people enjoy living in and they want to protect it from becoming fragmented or poorly developed. The information elicited from this survey, focus groups, and key informant



interviews is important for the town of Ellington as its leaders plan and develop programs and services for the future.

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## Town of Ellington – Housing and Services Survey

The Town of Ellington is interested in hearing from you. Please share with us your experiences and future plans. All responses are confidential.

*Please check only one box per question, unless instructed to do otherwise.*

### Current and Future Housing

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1. I am currently living in:  

<input type="checkbox"/> My own house	<input type="checkbox"/> Assisted living facility
<input type="checkbox"/> A private apartment	<input type="checkbox"/> With my child in their home
<input type="checkbox"/> Condominium	<input type="checkbox"/> Other _____
<input type="checkbox"/> Senior Housing Complex	
  
2. Does your current residence need major repairs, modifications, or changes to improve your ability to live in it over the next five years?  
☐ No  
☐ Yes → **If Yes**, Can you afford to make the changes?  
☐ No      ☐ Yes
  
3. Do you think you will be able to continue living in your current residence for the next 5 years provided your health remains the same?  

<input type="checkbox"/> I strongly agree	<input type="checkbox"/> I disagree
<input type="checkbox"/> I agree	<input type="checkbox"/> I strongly disagree
  
4. How important is it to you to remain in Ellington as you grow older?  
☐ Very important      ☐ Somewhat important      ☐ Not important
  
5. I am currently living with:  

<input type="checkbox"/> No one - I live alone	<input type="checkbox"/> With my parent
<input type="checkbox"/> With a spouse or partner	<input type="checkbox"/> With another relative
<input type="checkbox"/> With my child	<input type="checkbox"/> With someone else

### Transportation

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6. What kinds of difficulties do you have in getting the transportation that you need? (Check all that apply.)  

<input type="checkbox"/> I have no difficulties
<input type="checkbox"/> Dial-a-ride or other transportation unavailable or inconvenient
<input type="checkbox"/> Senior center vans unavailable or inconvenient
<input type="checkbox"/> Public buses unavailable
<input type="checkbox"/> Costs too much
<input type="checkbox"/> No one I can depend on or no help available
<input type="checkbox"/> Physical or other impairments
<input type="checkbox"/> No door to door assistance
<input type="checkbox"/> Other _____

## Activities and Services

7. Do you need help from another person for any of these activities?	No, I do not need any help	Yes, I need some help
Walk across a small room	<input type="checkbox"/>	<input type="checkbox"/>
Take a bath or a shower	<input type="checkbox"/>	<input type="checkbox"/>
Get in and out of a bed or chair	<input type="checkbox"/>	<input type="checkbox"/>
Personal grooming	<input type="checkbox"/>	<input type="checkbox"/>
Go shopping for your own groceries or clothing	<input type="checkbox"/>	<input type="checkbox"/>
Prepare your own meals	<input type="checkbox"/>	<input type="checkbox"/>
Do your own housework	<input type="checkbox"/>	<input type="checkbox"/>
Take your own medications correctly	<input type="checkbox"/>	<input type="checkbox"/>
Keep track of money and bills	<input type="checkbox"/>	<input type="checkbox"/>
Heavy work around the house, like shovel snow or wash walls	<input type="checkbox"/>	<input type="checkbox"/>
Go out to a movie, to church or a meeting, or to visit friends	<input type="checkbox"/>	<input type="checkbox"/>
Other _____	<input type="checkbox"/>	<input type="checkbox"/>

8. What services did you use in the past six months? (Check all that apply.)
- |  |   |
|--|---|
| <input type="checkbox"/> I have not used any in past 6 mo. | <input type="checkbox"/> Hospice                  |
| <input type="checkbox"/> Visiting nurse                    | <input type="checkbox"/> Case management services |
| <input type="checkbox"/> Homemaker services                | <input type="checkbox"/> Caregivers support group |
| <input type="checkbox"/> Home health aide                  | <input type="checkbox"/> Ellington senior center  |
| <input type="checkbox"/> Meals on Wheels                   | <input type="checkbox"/> Dial-a-ride              |
| <input type="checkbox"/> Senior companion                  | <input type="checkbox"/> Senior center van        |
| <input type="checkbox"/> Adult day care                    | <input type="checkbox"/> Other _____              |

9. Were you able to find all the services or help you needed?
- ☐ Yes
- ☐ No → **If No**, why couldn't you find the services or help you needed? (Check all that apply.)
- |  |
|--|
| <input type="checkbox"/> Services not available in my area                 |
| <input type="checkbox"/> Could not find someone to hire                    |
| <input type="checkbox"/> Could not afford available services or help       |
| <input type="checkbox"/> Services or help not qualified or unreliable      |
| <input type="checkbox"/> Did not know what services or help were available |
| <input type="checkbox"/> Other _____                                       |

10. What services would you like to have or could you use in the future?
- a. \_\_\_\_\_
- b. \_\_\_\_\_
- c. \_\_\_\_\_
11. How likely do you think it is that the family and friends who help you now will be able to continue doing so a year from now?
- ☐ Very likely
- ☐ Somewhat likely
- ☐ Not likely
12. Do you have enough resources to cover costs for the services you need?
- ☐ Yes      ☐ No
13. Do you go to the senior center regularly?
- ☐ Yes      ☐ No
14. Would you go to the senior center if the following activities were offered? (Check all that apply.)
- |   |   |
|---|---|
| <input type="checkbox"/> Education          | <input type="checkbox"/> Intergenerational programs           |
| <input type="checkbox"/> Travel/trips       | <input type="checkbox"/> Financial information programs       |
| <input type="checkbox"/> Recreation         | <input type="checkbox"/> Crafts (knitting, quilting)          |
| <input type="checkbox"/> Fitness center     | <input type="checkbox"/> Music lessons or groups              |
| <input type="checkbox"/> Exercise classes   | <input type="checkbox"/> Cooking                              |
| <input type="checkbox"/> Art classes        | <input type="checkbox"/> Nutrition classes                    |
| <input type="checkbox"/> Computer classes   | <input type="checkbox"/> I would not attend the senior center |
| <input type="checkbox"/> Language classes   | <input type="checkbox"/> Other _____                          |
| <input type="checkbox"/> Volunteer programs |   |
15. What programs do you think Ellington should offer to older adults?
- a. \_\_\_\_\_
- b. \_\_\_\_\_
- c. \_\_\_\_\_
16. Do you think people object going to a facility called a senior center?
- ☐ Yes      ☐ No

17. What is your choice for the name of a senior center in Ellington?
- ☐ Ellington Community Center
  - ☐ The Vital Living Center
  - ☐ Older Adult Community Center
  - ☐ Other \_\_\_\_\_
18. What are your greatest concerns about living in Ellington as you grow older?
- a. \_\_\_\_\_
  - b. \_\_\_\_\_
  - c. \_\_\_\_\_

### **Friends and Family**

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19. How many days per week, on average, do you leave home for any reason?
- ☐ Less than one day per week
  - ☐ 1-3 days per week
  - ☐ 4-6 days per week
  - ☐ Every day
20. What keeps you from going out more often? (Check all that apply.)
- ☐ Health problems
  - ☐ Lack of transportation
  - ☐ Do not need or want to
  - ☐ Financial reasons
  - ☐ I get out enough
  - ☐ Other \_\_\_\_\_
21. Do you have a relative or close friend you can turn to for help?
- ☐ Yes
  - ☐ No
22. Do you often feel sad or depressed?
- ☐ Yes
  - ☐ No

### **Caregiving**

---

23. Do you provide help and assistance for a spouse, friend, or other relative who resides in Ellington or in a nearby community?
- ☐ Yes, lives in Ellington or nearby community
  - ☐ Yes, lives more than 45 minutes away
  - ☐ No → **If No, please skip to Question 29 on page 5.**

24. Does the person you care for have any memory problems?  
☐ None ☐ Moderate  
☐ Mild ☐ Severe
25. How difficult is it for you to care for your spouse, other relative, or friend, and try to meet other responsibilities for your family or work?  
☐ Very difficult ☐ Somewhat easy  
☐ Somewhat difficult ☐ Very easy
26. What services did you use in the past six months for someone you were providing care to? (Check all that apply.)  
☐ I have not used any in past 6 mo. ☐ Hospice  
☐ Visiting nurse ☐ Case management services  
☐ Homemaker services ☐ Caregivers support group  
☐ Home health aide ☐ Ellington senior center  
☐ Meals on Wheels ☐ Dial-a-ride  
☐ Senior companion ☐ Senior center van  
☐ Adult day care ☐ Other \_\_\_\_\_  
☐ Elderly outreach
27. Do you have enough money to pay for all the help you need?  
☐ Yes ☐ No
28. Are you the primary caregiver of a grandchild?  
☐ Yes ☐ No

## **Health**

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29. How would you rate your overall health at this time?  
☐ Excellent ☐ Fair  
☐ Good ☐ Poor
30. How many times did you visit a medical doctor, or other health care professional, in the last 3 months?  
☐ No visits ☐ 1 or 2 times ☐ 3 or more times
31. Do you have a regular doctor?  
☐ Yes ☐ No
32. Do you smoke?  
☐ Yes ☐ No
33. Do you have a condition or disability that limits your activities?  
☐ No  
☐ Yes → **If Yes**, what is the condition or disability?  
\_\_\_\_\_



34. Have you used any type of mental health services for depression, addiction counseling, or behavioral health in the past 3 months? (Check all that apply.)
- |                                       |  |  |
|---------------------------------------|--|--|
| <input type="checkbox"/> Doctor       | <input type="checkbox"/> Social Worker         | <input type="checkbox"/> Therapist/Counselor |
| <input type="checkbox"/> Clergy       | <input type="checkbox"/> Psychologist          | <input type="checkbox"/> None                |
| <input type="checkbox"/> Psychiatrist | <input type="checkbox"/> Support group: AA, NA | <input type="checkbox"/> Other _____         |

---

**Insurance and Prescription Drugs**

---

35. What health insurance do you currently have? (Check all that apply.)
- ☐ Medicare
  - ☐ Medicaid or Title 19
  - ☐ Medigap A-J or Medicare Supplemental Insurance
  - ☐ Veterans Benefits or Military Insurance
  - ☐ Private Insurance (former employer, spouse's employer, or private pay)
  - ☐ I do not have any health insurance
  - ☐ Other \_\_\_\_\_
36. Do you currently have long term care insurance (for nursing home, assisted living, or home health services)?
- ☐ Yes      ☐ No      ☐ Not sure
37. What types of prescription drug coverage do you have? (Check all that apply.)
- ☐ Medicare Discount Program (the card)
  - ☐ Medicaid
  - ☐ ConnPace
  - ☐ None, I pay out of pocket
  - ☐ Other \_\_\_\_\_
38. Were there any times in the past 12 months when you did not have enough money to: (Check all that apply.)
- ☐ Pay rent, mortgage, or real estate taxes
  - ☐ Pay utility bills (heat, electricity, phone)
  - ☐ Pay more than the minimum balance due on a credit card
  - ☐ Purchase or repair a car
  - ☐ Fill a prescription for medicine or had to reduce your dosage
  - ☐ Follow up on tests or treatment recommended by a doctor
  - ☐ Buy needed food
  - ☐ Obtain dental care
  - ☐ Obtain eyeglasses
  - ☐ Obtain a hearing aid
  - ☐ Pay for the care of a loved one
  - ☐ Other \_\_\_\_\_

---

**Veteran Information**

---

39. Are you a veteran?
- ☐ Yes
- ☐ No → **If No, please skip to Question 43, page 7.**

40. Which war or era did you serve in? \_\_\_\_\_
41. Do you receive a veteran pension?  
☐ Yes ☐ No
42. Are you a disabled veteran?  
☐ Yes ☐ No
43. Are you the widow/widower of a veteran?  
☐ Yes ☐ No
44. Do you want information about veteran benefit programs?  
☐ Yes ☐ No

### **General Information**

---

45. What is your age? \_\_\_\_\_
46. What is your gender?  
☐ Male ☐ Female
47. What is your racial background? (Check all that apply.)  
☐ White or Caucasian ☐ Asian  
☐ Black or African American ☐ Other \_\_\_\_\_  
☐ Hispanic or Latino
48. What is your marital status?  
☐ Married ☐ Separated  
☐ Widowed ☐ Never married  
☐ Divorced ☐ Living together as though married
49. What language do you mainly speak at home?  
☐ English  
☐ Spanish  
☐ Other \_\_\_\_\_
50. What is the highest grade or year you finished in school? (Check one.)  
☐ 8<sup>th</sup> grade or less ☐ Some college  
☐ Some high school ☐ Two-year college degree  
☐ High school diploma or GED ☐ Four-year college degree  
☐ Technical school or community college ☐ Post graduate degree (MA, MS, PhD)
51. Are you currently employed or volunteering? (Check all that apply.)  
☐ Work full time ☐ Unemployed  
☐ Work part time ☐ Homemaker  
☐ Retired ☐ Volunteer

52. What is your total family income from all sources before taxes last year?

- |  |  |
|--|--|
| <input type="checkbox"/> Less than \$8,000   | <input type="checkbox"/> \$40,000 - \$49,999 |
| <input type="checkbox"/> \$8,000 - \$19,999  | <input type="checkbox"/> \$50,000 - \$74,999 |
| <input type="checkbox"/> \$20,000 - \$29,999 | <input type="checkbox"/> \$75,000 - \$99,999 |
| <input type="checkbox"/> \$30,000 - \$39,999 | <input type="checkbox"/> \$100,000 or more   |

**A Bright Future for Ellington**

---

53. What would make Ellington a more functional or supportive place to live in as you grow older?

a. \_\_\_\_\_

b. \_\_\_\_\_

c. \_\_\_\_\_

54. What additional businesses would you like to see developed in Ellington?  
(Check all that apply.)

- ☐ Health care services
- ☐ Fitness/sports center
- ☐ Entertainment
- ☐ Retail – shopping
- ☐ Restaurants
- ☐ Other \_\_\_\_\_
- ☐ Other \_\_\_\_\_

55. Where would you like these businesses developed?

- ☐ In my neighborhood
- ☐ Along a central corridor
- ☐ Village style (first floor retail, residential above.)
- ☐ Other \_\_\_\_\_

56. What additional services do you think Ellington should offer to older adults?

a. \_\_\_\_\_

b. \_\_\_\_\_

c. \_\_\_\_\_

**Thank you for taking the time to participate in this survey.  
Please mail your completed survey in the postage paid,  
self-addressed envelope provided.**

Appendix B: Boomer Survey Instrument

**Town of Ellington – Housing and Services Survey**

**The Town of Ellington is interested in hearing from you. Please share with us your experiences and future plans. All responses are confidential.**

***Please check only one box per question, unless instructed to do otherwise.***

**Current and Future Plans**

---

1. I am currently living in:  

<input type="checkbox"/> My own house	<input type="checkbox"/> Assisted living facility
<input type="checkbox"/> A private apartment	<input type="checkbox"/> With my child in their home
<input type="checkbox"/> Condominium	<input type="checkbox"/> Other _____
  
2. What type of housing would you consider living in as you grow older?  
(Check all that apply.)  

<input type="checkbox"/> My own house	<input type="checkbox"/> Assisted living facility
<input type="checkbox"/> Apartment	<input type="checkbox"/> With my child in their home
<input type="checkbox"/> Condominium	<input type="checkbox"/> In a nursing home
<input type="checkbox"/> Elderly apartment complex	<input type="checkbox"/> Other _____
  
3. How important is it to you to remain in Ellington as you grow older?  

<input type="checkbox"/> Very important
<input type="checkbox"/> Somewhat important
<input type="checkbox"/> Not important
  
4. What are your greatest concerns about staying in Ellington as you grow older?  

a. _____
b. _____
c. _____
  
5. Do you see the senior center as playing a role in the lives of loved ones, friends or neighbors?  

<input type="checkbox"/> Yes
<input type="checkbox"/> No

6. When you retire or semi-retire, would you go to the senior center if the following activities were offered? (Check all that apply.)
- |   |   |
|---|---|
| <input type="checkbox"/> Education          | <input type="checkbox"/> Intergenerational programs           |
| <input type="checkbox"/> Travel/trips       | <input type="checkbox"/> Financial information programs       |
| <input type="checkbox"/> Recreation         | <input type="checkbox"/> Crafts (knitting, quilting)          |
| <input type="checkbox"/> Fitness center     | <input type="checkbox"/> Music lessons or groups              |
| <input type="checkbox"/> Exercise classes   | <input type="checkbox"/> Cooking                              |
| <input type="checkbox"/> Art classes        | <input type="checkbox"/> Nutrition classes                    |
| <input type="checkbox"/> Computer classes   | <input type="checkbox"/> I would not attend the senior center |
| <input type="checkbox"/> Language classes   | <input type="checkbox"/> Other _____                          |
| <input type="checkbox"/> Volunteer programs |   |
7. Do you think people object going to a facility called a senior center?
- ☐ Yes
- ☐ No
8. What is your choice for the name of a senior center in Ellington?
- ☐ Ellington Community Center
- ☐ The Vital Living Center
- ☐ Older Adult Community Center
- ☐ Other \_\_\_\_\_
9. Have you planned for your financial future?
- ☐ Yes
- ☐ No
10. Do you save for your retirement on a regular basis?
- ☐ Yes
- ☐ No
11. Do you currently have long term care insurance for nursing home, assisted living, or home health care?
- ☐ Yes
- ☐ No
- ☐ Not sure
12. When you retire, what health care coverage will you have in addition to Medicare? (Check all that apply.)
- ☐ Medicaid or Title 19
- ☐ Medigap A-J or Medicare Supplement Insurance
- ☐ Veterans Benefits or Military Insurance
- ☐ Private Insurance (former employer, spouse's employer or private pay)
- ☐ I don't know
- ☐ None, I will have only Medicare
- ☐ Other \_\_\_\_\_

13. Were there any times in the past 12 months when you did not have enough money to: (Check all that apply.)
- ☐ Pay rent, mortgage, or real estate taxes
  - ☐ Pay utility bills (heat, electricity, phone)
  - ☐ Purchase or repair a car
  - ☐ Fill a prescription for medicine or had to reduce your dosage
  - ☐ Buy needed food
  - ☐ Pay for your children's education
  - ☐ Take a vacation
  - ☐ Pay more than the minimum balance due on a credit card
  - ☐ Pay for home repairs/improvements
  - ☐ Pay into a retirement account
  - ☐ Pay for the care of a parent or other older adult
  - ☐ Other \_\_\_\_\_

### **Health, Activities and Social Contacts**

---

14. How do you rate your overall health at this time?
- |                                    |                               |
|------------------------------------|-------------------------------|
| <input type="checkbox"/> Excellent | <input type="checkbox"/> Fair |
| <input type="checkbox"/> Good      | <input type="checkbox"/> Poor |
15. Do you smoke?
- ☐ Yes
  - ☐ No
16. How many times did you visit a medical doctor, or other health care professional, in the last 3 months?
- ☐ No visits
  - ☐ 1 or 2 times
  - ☐ 3 or more times
17. What health insurance do you currently have? (Check all that apply.)
- ☐ Medicaid or Title 19
  - ☐ Medigap A-J or Medicare Supplement Insurance
  - ☐ Veterans Benefits or Military Insurance
  - ☐ Private Insurance (former employer, spouse's employer or private pay)
  - ☐ I do not have any health insurance
  - ☐ Other \_\_\_\_\_
18. Do you have a relative or close friend you can turn to for help?
- ☐ Yes
  - ☐ No
19. Do you often feel sad or depressed?
- ☐ Yes
  - ☐ No

20. Have you used any type of mental health services for depression, addiction counseling, or behavioral health in the past 3 months? (Check all that apply.)
- |                                       |  |  |
|---------------------------------------|--|--|
| <input type="checkbox"/> Doctor       | <input type="checkbox"/> Social Worker         | <input type="checkbox"/> Therapist/Counselor |
| <input type="checkbox"/> Clergy       | <input type="checkbox"/> Psychologist          | <input type="checkbox"/> None                |
| <input type="checkbox"/> Psychiatrist | <input type="checkbox"/> Support group: AA, NA | <input type="checkbox"/> Other _____         |
21. Have you received any services through a home care agency such as a home health aide, companion services, homemaker services, or home nursing in the past 3 months?
- ☐ Yes  
☐ No
22. Which of the following social activities do you do in a typical week? (Check all that apply.)
- |   |   |
|---|---|
| <input type="checkbox"/> Spend time with family and friends | <input type="checkbox"/> Sporting event |
| <input type="checkbox"/> Movie or restaurant                | <input type="checkbox"/> Casino         |
| <input type="checkbox"/> Church or other religious activity | <input type="checkbox"/> Other _____    |
23. Do you have a condition or disability that limits your activities?
- ☐ No  
☐ Yes → **If Yes**, what is the condition or disability?  
\_\_\_\_\_
24. How often do you exercise?
- |  |  |   |
|--|--|---|
| <input type="checkbox"/> I don't exercise  | <input type="checkbox"/> 1-3 times a month | <input type="checkbox"/> 4-7 times a week |
| <input type="checkbox"/> Only occasionally | <input type="checkbox"/> 1-3 times a week  |   |
25. If you do not exercise much, please tell us why: (Check all that apply.)
- ☐ Don't have time  
☐ Can't afford membership  
☐ Lack of motivation  
☐ Have no interest or need to exercise  
☐ I exercise enough  
☐ Other \_\_\_\_\_

### **General Information**

---

26. What is your age? \_\_\_\_\_
27. What is your gender?
- ☐ Male      ☐ Female
28. What is your racial background? (Check all that apply.)
- |  |                                      |
|--|--------------------------------------|
| <input type="checkbox"/> White or Caucasian        | <input type="checkbox"/> Asian       |
| <input type="checkbox"/> Black or African American | <input type="checkbox"/> Other _____ |
| <input type="checkbox"/> Hispanic or Latino        |                                      |

29. What language do you mainly speak at home?
- ☐ English
  - ☐ Spanish
  - ☐ Other \_\_\_\_\_
30. What is the highest grade or year you finished in school? (Check one.)
- ☐ 8<sup>th</sup> grade or less
  - ☐ Some high school
  - ☐ High school diploma or GED
  - ☐ Technical school or community college
  - ☐ Some college
  - ☐ Two-year college degree
  - ☐ Four-year college degree
  - ☐ Post graduate degree (MA, MS, PhD)
31. What is your marital status?
- ☐ Married
  - ☐ Widowed
  - ☐ Divorced
  - ☐ Separated
  - ☐ Never married
  - ☐ Living together as though married
32. Are you currently employed or volunteering? (Check all that apply.)
- ☐ Work full time
  - ☐ Work part time
  - ☐ Retired
  - ☐ Unemployed
  - ☐ Homemaker
  - ☐ Volunteer
33. If you are employed, what is your occupation?
- ☐ Health care
  - ☐ Education
  - ☐ Business
  - ☐ State or city employee
  - ☐ Clergy
  - ☐ Sales or retail
  - ☐ Skilled trade
  - ☐ Manufacturing
  - ☐ Military
  - ☐ Other \_\_\_\_\_
34. What is your total family income from all sources before taxes last year?
- ☐ Less than \$10,000
  - ☐ \$10,000 - \$29,999
  - ☐ \$30,000 - \$49,999
  - ☐ \$50,000 - \$74,999
  - ☐ \$75,000 - \$99,999
  - ☐ \$100,000 or more

### **Caregiving**

---

35. Do you provide help and assistance for a spouse, other relative, or friend who resides in Ellington or a nearby community?
- ☐ Yes, lives in Ellington or nearby community
  - ☐ Yes, lives more than 45 minutes away
  - ☐ No → **If No, skip to Question 46, page 7.**
36. Does this person live with you or do you live with this person for part of the year?
- ☐ Yes
  - ☐ No



37. Does the person you care for have any memory problems?  
☐ None ☐ Moderate  
☐ Mild ☐ Severe
38. How difficult is it for you to care for your relative or friend and try to meet other responsibilities for your family or work?  
☐ Very difficult ☐ Somewhat easy  
☐ Somewhat difficult ☐ Very easy
39. In the past year, how often have you missed work or used sick or vacation time in the care of a loved one?  
☐ None ☐ 6-10 days  
☐ 1-5 days ☐ 11 days or more
40. What services did you use in the past six months to help in the care of your relative or friend? (Check all that apply.)  
☐ I have not used any in past 6 mo. ☐ Hospice  
☐ Visiting nurse ☐ Case management services  
☐ Homemaker services ☐ Caregivers support group  
☐ Home health aide ☐ Ellington senior center  
☐ Meals on Wheels ☐ Dial-a-ride  
☐ Senior companion ☐ Senior center van  
☐ Adult day care ☐ Other \_\_\_\_\_  
☐ Elderly outreach
41. Were you able to find all the services or help you needed?  
☐ Yes  
☐ No → **If No**, why couldn't you find the services or help you needed?  
(Check all that apply.)  
☐ Services not available in my area  
☐ Could not find someone to hire  
☐ Could not afford available services or help  
☐ Services or help not qualified or unreliable  
☐ Did not know what services or help were available  
☐ Other \_\_\_\_\_
42. What services would you like to have or could you use in the future?  
a. \_\_\_\_\_  
b. \_\_\_\_\_  
c. \_\_\_\_\_

43. What kinds of difficulties do you have in getting transportation for your relative or friend? (Check all that apply.)
- ☐ I'm not always available because of work or other activities
  - ☐ Dial a ride or other transportation unavailable or inconvenient
  - ☐ Public buses or vans unavailable or inconvenient
  - ☐ Costs too much
  - ☐ No one I can depend on or no help available
  - ☐ Physical or other impairments
  - ☐ No door-to-door assistance
  - ☐ No transportation difficulties
  - ☐ Other \_\_\_\_\_
44. How many people who assist you in the care of your relative or friend are unpaid, such as friends, children, siblings, etc.?
- |                            |                                    |
|----------------------------|------------------------------------|
| <input type="checkbox"/> 0 | <input type="checkbox"/> 2         |
| <input type="checkbox"/> 1 | <input type="checkbox"/> 3 or more |
45. How likely do you think it is that the family and friends who help you now will be able to continue doing so a year from now?
- ☐ Very likely
  - ☐ Somewhat likely
  - ☐ Not likely

### **A Bright Future for Ellington**

46. What would make Ellington a more functional or supportive place to live in as you grow older?
- a. \_\_\_\_\_
- b. \_\_\_\_\_
- c. \_\_\_\_\_
47. What additional businesses would you like to see developed in Ellington? (Check all that apply.)
- ☐ Health care services
  - ☐ Fitness/sports center
  - ☐ Entertainment
  - ☐ Retail - shopping
  - ☐ Restaurants
  - ☐ Other \_\_\_\_\_
  - ☐ Other \_\_\_\_\_

48. Where would you like these businesses developed?
- ☐ In my neighborhood
  - ☐ Along a central corridor
  - ☐ Village style (first floor retail, residential above)
  - ☐ Other \_\_\_\_\_
49. What additional services do you think Ellington should offer to older adults?
- a. \_\_\_\_\_
  - b. \_\_\_\_\_
  - c. \_\_\_\_\_
50. Is there anything else you would like to add?
- \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_

**Thank you for taking the time to participate in this survey.  
Please mail your completed survey in the postage paid,  
self-addressed envelope provided.**

Appendix C  
Focus Group Discussion Guide for Senior Center and Snipsic Village

1. When you think of Ellington, what comes to mind?
2. How long have you been an Ellington resident?
3. How many of you see yourselves living in Ellington 5 years from now? 10 years from now? What would you like to stay the same in Ellington in the next 5 to 10 years? What changes would you like to see occur in the next 5 to 10 years?
4. Why have you chosen to remain here and not move somewhere else?
5. Why would you choose to move?
6. If you needed help with anything such as driving, physical assistance, or shopping, what agencies or town services would you call or turn to?
  - a. Senior Center?
  - b. Family Member?
  - c. Area Agency on Aging?
  - d. Doctor/Nurse?
7. What services would you like the town to provide? What services would be helpful to you?
8. Do any of you go to the Senior Center now?
9. When you think of the Senior Center, what comes to mind?
10. What do you like about the Senior Center?
11. What could be done better at the Senior Center?
12. When you think of the Community Center, what comes to mind?
13. If you could no longer live in your own home, what other options would you consider?
14. If you could wave a magic wand and change something in the town of Ellington, what would it be?

Appendix D  
Focus Group Discussion Guide for Youth

1. When you think of Ellington, what comes to mind?
2. What are the positive aspects of living in the town of Ellington?
3. Do you anticipate living in the town of Ellington in the future?
4. What concerns do you have about living in the town of Ellington?
5. When you think of the Senior Center, what comes to mind?
6. When you think of the Community Center, what comes to mind?
7. What do you think it means to be an older adult?
8. What do you think are some problems as people grow older?
9. What are some concerns you have about getting older and about retirement?
10. What do you think are keys to successful aging?
11. If you could wave a magic wand and change something in the town of Ellington, what would it be?

Appendix E  
Key Informant Interview Guide

Demographics:

Your title:

Type of business you're involved in (Town Official/Civic Organizational Leaders or Community/Medical Service Providers):

Number of years in this position or business:

Are you a resident of Ellington?

If yes, how many years have you lived in the town?

Questions:

As a town official or civic organizational leader, what do you think are the positive aspects of the town of Ellington?

What could the town of Ellington be doing better?

What concerns do you have about the future of Ellington?

Is there something you would like to change about the town of Ellington that would help you to do your job better?

Is there something you would like to change about the town of Ellington that would make it a better place to live in?

Appendix F  
What are your greatest concerns about living in Ellington  
as you grow older? (60+ Survey Question)

High taxes
Taxes
Increase cost of living + taxation
Transportation
Taxes will keep increasing too much
No water no sewer no sidewalks
Paying the very high taxes
High Property Taxes
No transportation when I can no longer drive
Availability of transportation when I can no longer drive!
Affording a rising tax rate
Farmland Becoming industrial
That all the open land will be gone
Taxes!!!
Property taxes
Taxes!!
Some services may be removed
Public transport
Taxes
Heavy work
I hope it doesn't lose it's rural beauty
Regulating new home building - lot size, developments
Money
Tax increases
Rising taxes
Paying the taxes
Prohibitive property taxes - can hardly pay them
Will I be able to take care of my house
Health
Taxes
Taxes
Traffic
Town taxes
Not being able to walk to things you walk to
Transportation
Level of taxes
Ellington is building up too fast. It would be too bad if it lost its country charm.
Taxes
High taxes
Tax increases

Taxes
Too many houses
Transportation
High taxes
Very pleased living in Ellington
No transportation
Traffic on Rt. 83
Higher property taxes
Cost of living - taxes
Tax Increases
I currently get Tax rebate I hope it continues
High taxes
Real property tax burden
High taxes!!
Taxes
These people who are our leaders should all take a walk back and think they will soon be old people cut back.
Taxes
Taxes
Being able to live in my home + pay property taxes.
Taxes
Unable to afford living here
Living on a fixed income
Higher taxes
Finding qualified snow removal people + lawn and gardening help
Transportation
The winter weather
Higher taxes
Getting around
Leaf pick up in the fall - need to have it suctioned up at the curb
Cost of everything
Taxes
Taxes
Having grocery stores and pharmacies close by
Affordable Housing
Taxes
Higher taxes
High taxes
Escalating taxes
Taxes
Ability to afford tax increases
Taxes
New schools
Cost of living paying for heat + utilities



Property taxes
Property taxes
Need to expand infrastructure, Fire, police, schools, etc.
Taxes
Taxes
Too much building + not enough farm land left
Taxes
Taxes - should be frozen at 75 years of age
Taxes
Too many big box stores
Lack of transportation
Taxes
Getting food
Grandchildren are here in town
Need ride to the store
Transportation
Taxes
Taxes
Paying taxes, keeping property up-
Higher taxes
Taxes
Rising taxes
Shopping is far away
Transportation - (reasonable)
High Taxes
Cost - Connecticut is not retirement friendly
Being able to stay in our own home
Affordability due to increasing taxes
Lack of easy transition
Taxes are getting too high
High taxes
Rising taxes on a fixed income
That this town loses totally its small town atmosphere
Affordable housing
High taxes
Runaway taxes
Access to bus
Big box stores
Affordable assisted living
Love living here
Being able to stay in my own place
Taxes
Taxes
Taxes

Taxes + bringing in new businesses
Affordable senior housing
Not being connected
Increases in rent
Taxes
Taxes
Taxes
Higher taxes
Taxes
Increases in Taxes
Increase in taxes
Taxes
Taxes
Taxes
Higher taxes
Taxes
Loss of independence
Any help I would need
No public transportation
No public transportation
None, although more senior housing would be a plus!
Affordability (taxes, etc.)
Being independent
Cost
Out of control property tax increases
Shoveling our driveway
Transportation
Transportation for shopping
Cost of living - Taxes
Lower taxes
Taxes
Taxes
Taxes
Transportation
Tax rate increases
Taxes - taxes - taxes
Too many house building up
Taxes
Increase in taxes
Taxes
Taxes
Will I be able to continue to live in and afford my home
Increase in traffic
High taxes!!!

Taxes increasing every year
Distance from shopping, services, medical care, etc.
Real estate tax increases
High property taxes. Extravagance in education. Budget. Think all town employees should pay portion of healthcare. Too much duplication in school system. Principal, vice principal + all these specialty teachers. It's become ludicrous!
Need larger "vital living center"
Taxes
Taxes
None
Property taxes
Constant increase in taxes
Taxes
High Taxes
Maintaining my house
Taxes
Senior housing
Taxes (affordability)
If taxes continue to rise we will not be able to afford to live here
Transportation
High Rent - Affordable Housing
Hospital care
Increased traffic
Affordable housing or assisted living
Taxes
Probably transportation
Being unable to maintain my home inside and out
High taxes
Lack of bus service
Increases in tax rate
Taxes
Increasing taxes every year
My rent increases every year, there needs to be housing for elderly raising a grandchild/grandchildren, or make special exceptions to include this.
Falling
Cost of housing
Maintaining the upkeep of our yard
Influx of new homes requiring raising taxes
Rising taxes
Independent living - no shopping stores within 5 mi.
Medical center in town!
Cost
Not being able to drive at some point
Taxes
Increase t axes

Escalating taxes
Increased taxes
Transportation
Increase in taxes!
Increased cost-especially taxes
Taxes!!!
Taxes/Utilities
Taxes
Taxes
Taxes
Health
Taxes
Too far away from our "children" (now adults) + our grandchildren...our house is not accessible + is costly to heat+ cool
Too large a tax increase
Affordability
Taxes
Taxes and winter
Being able to live in my own home
Having the driveway cleared of snow
Taxes
Vast influx of new homes
Can we afford to stay in Ellington?
Taxes
Escalating taxes
Taxes
High taxes
Ellington is extremely boring
Ability to continue driving to get around and lack of bus routes
Raising taxes
Population
Growth is moving too fast
Homes being built too large too fast!
Taxes
Property taxes
Getting to places on my own - as long as I am able. Or on mini bus to GNC when I get vitamins and antioxidants etc.
Being able to live in my own home
Cost of taxes - should be level - not increase every year
Too much building
Growth of the community
Too much building
Taxes
Taxes
Voting location inconvenience

No low income elderly housing
Transportation
Stairs to go to my house?
Taxes are too high
Taxes
Higher t axes on my home
Rising property taxes
Taxes
Maintaining your property
Could use a nice continued care facility
Taxes
Taxes
The traveling time and distance (especially during winter) to get to stores, medical ambulance response time or emergency
Taxes
Financial
Cost of living
Taxes too high
Taxes
Increased taxes
Rising Taxes
Taxes
Lost of farm lands
Affordability
Cost of living - taxes
Taxes living on a fixed income we have only so much money + hope it will last till both of us die.
Property upkeep/home + yard
Access to good Sr. recreational facilities
Lack of public transportation
Taxes going up
Not able to care for myself
Know that someday will need rides
I am 90 years old
The much building going on
Property taxes
Availability of low income housing single floor living
Affordable workers for yard + housework
Taxes
Increase in taxes
Transportation if I could not drive
Taxes
Increasing taxes
Getting too commercial
Not being able to drive

Taxes
Taxes
Affordable assisted living
Home services
Taxes
Transportation
Rt. 83 traffic
Loneliness - my children live at a distance
Increasing taxes
Increasing property taxes may force us to sell
Driving
Transportation
Taxes
Transportation
Taxes and other expenses going beyond my income
Socialization
Increasing taxes
Transportation
Increasing taxes
Taxes
Excessive property taxes
The rising cost of taxes
Too many new homes being built
Taxes
Cost of living
Housing
Taxes
The cost of living - (TAXES)
Taxes & related expenses
Taxes
Traffic
Taxes
Commercialization and traffic on Rt. 83
Retail business unavailable
Tax rate for senior citizens 65 + older
Increase in population
Taxes
No public transportation
Better public transportation
Affordable Housing
Taxes
Cost of services will exceed my means
Taxes
The ability to get to my doctor appts. in Hartford

Being able to pay taxes
Taxes
Transportation
Taxes
Taxes going up
Being able to afford living here (taxes)
That I won't be able to go to the hospital on time in case of emergency
Happiness
Taxes
To be able to live and die in my own house
Lack of stores
Higher taxes and lack of affordable housing
Lack of public transportation
Taxes
Weather
If I can afford to live here when my husband dies
Ever Increasing Property Taxes
That my wife, caretaker, won't be able to continue my care
Transportation
High taxes
Assistance in everyday activities
Too much development - housing single homes
TAXES
Being able to afford to stay in my own house
Perhaps adjusting to the changing environment - from rural to suburban - traffic, etc. 'faster' pace
Farmland becoming condo's
Traffic
Taxes
Not enough troopers to cover growing population
Safety
State taxes
Taxes
Higher taxes
Transportation
Uncontrolled population growth
I also get assistance I hope it continues
Over development
Taxes
Taxes
And higher taxes
Taxes and utility expenses living in CT
Toxic waste pickup occasionally would be very helpful - (paint cans + etc.)
Cost of everything
Keeping up with repairs

Transportation
Inappropriate spending on unnecessary things the town doesn't need
Too many new houses
Development of land/houses
Growth + burgeoning school system
Higher taxes
Transportation & heating cost
Taxes
Taxes
Affordability
Taxes too high
Real Estate Taxes
Quality of town
No public transportation
I don't want to move to the nooks and crannies of, say, Vermont to capture the atmosphere that I value and directed me to live here
Transportation
Inadequate teachers
Services
How builders get permits for 20 lots + then go for variances to subdivide into more lots (example)
Excessive property taxes
Would need information of what's going on
Not enough suitable senior housing
The cost of education
Increased cost of maintaining present life style
No help
Lack of transportation
High taxes/no services
High taxes/no services
My health
Taxes
Good food shopping nearby
Increasing traffic problems
Lack of competent managers
Taxes
Transportation
Open space
Farms + fields decreasing
Transportation to/from above.
Taxes
Fitness center
Conveniences (supermarket - banking) accessibility
Emergency care



Increased building
Increases in property evaluation
Need better and more convenient transportation
Property taxes
Traffic congestion
Upkeep
Over spending of taxpayers money
Too many homes being built
Taxes
Would like "grandfather" freezing of prop tax @ age 70
Financial security
Poor services
Too many houses w/children
The crowding schools
Maintenance of property
Uncontrolled growth, housing, retail
Water quality
Population
Building new schools or adding on
The town losing "small town" feeling
Adequate transportation
Ellington is no longer a small town
Business that take away from community
Trash collection cost
No transportation
Companionship
Crystal Lake
We have a very giving community and that asset is not being tapped.
Cost of living
Snow removal
Traffic
Increase trash costs
Transportation
Decreased senior support
Over development
Taxes
Inability to find help
Increase in property taxes
Good handyman services
Transportation
Taxes
More transportation availability for seniors
Having to sell property due to high property taxes
Assistant living facilities

Building up all the great farmland
Sudden health problems, such as fractures, falls
Self care
Taxes
Living costs
Senior housing which doesn't depend on being low income.
Meal prep
Transportation
Affordable senior citizen assisted living
Losing its rural appeal
Taxes
Transportation
Gov't services growing beyond the community's needs causing too much wasteful spending
High speed & traffic on roads
Traffic
Taxes
Grocery Stores
Overall expenses living in Ellington
Increase in development
I do think - Rt. 83 is becoming a problem -
Population
Escalating taxes
A tax break on your home and vehicle
Affordable housing is very limited. Town outgrowing its capacity.
Population
Be able to get to shopping, banking, etc.
Transportation
Health
Road congestion due to development
Poorly Planned Retail Development
High taxes
I do hope and pray for us all, to have good leadership, always for this lovely town. I do prefer to be + live in a quieter atmosphere away from some heavy traffic these days.
Overpopulation and not country living
Lack of industry and commercial land use
Traffic on Rte 83 - changing country ambience to strip mall spread
Taxes
Health care assistance
Taxes
Rt. 83 is becoming a Berlin turnpike
Affordable detached condominiums
Increase in taxes, sanitation, collection, and sewage. Limited income doesn't go too far.
Affordable housing that the seniors can afford to live in that aren't crammed into one or two rooms
Upkeep + home maintenance (health + ability)

Not enough local doctors
Leadership confusing
Taxes
Taxes
Too much track
Low income one floor living
Higher taxes
Students lacking basic common sense
Town ordinance enforcement
Keeping Ellington a small town
Making people feel welcome to the ECC or ACC - keeping the "Ellington connection" magazine on going for all to read
New businesses changing rural character
Increased traffic and lack of enforcement of traffic laws especially speed
Rising cost
My husband's health
Lack of competent planners (commercial)
Need more senior living places to go to - senior housing not the 250,000 houses
Commercial sprawl
Public transportation
Increases in sewer charges (all result of population explosion)
Transportation safety. Senior housing for all income levels
Poor morale of town employees
Traffic - Rt. 83
Taxes
Safety
Lawn grooming
Transportation
Good medical care
Moderate income housing
Finding help for house cleaning just don't know what is out there now.
More taxes
More housing for seniors
Big Y coming to town
Loss of freedom - depression
Cold winters
Free-spending school superintendent and BOE
Medical cost
The parasitic attitude of seniors
Too fast a growth of town.-
Preparation of meals
Taxes
Special discounts in Ellington for senior4

Leading to increase in taxes
The growth in Ellington - homes, stores, etc. I guess that's progress.
Traffic
Student population growth from outside parameters for which we all are taxed.
Traffic
Rapidly escalating living cost (especially health care)
Inadequate Retail Appearance Codes

Appendix G  
What services would you like to have or could you use  
in the future? (60+ Survey Question)

Rides, I don't drive
Assisted Living Center
Homemaker services
Handyman services for house + yard chores
Getting ConnPace
Food shopping
Too early to decide
Companion to take out
Outside yard work
Public transportation
Don't know
Raking leaves, shoveling snow
Not sure
Case Management Services
Help with yard work (raking mostly)
Better + varied van services
A senior companion
A good handy-man who will do yard work, repairs, etc. at a fair - wage
Tax relief
Some assist with yard work
Lower taxes
Transportation to and from surgery
Grocery store that will deliver to my home
At this time I am an independent, reasonably healthy 61 year old - my spouse is 47- we are "holding our own", with the exception of finances as I am unable to work, on my cardiologists advice, due to heart ailments.
No vacuum cleaner
Fitness center
Less taxes after 65 yrs of age
Senior housing
Yard work
Unknown at this time
Don't know yet
More senior housing that allows pets
Better lake services
A Ride to Bingo
Bus service
Transportation to visit friend in nursing home
Dial-a-ride
Lawn care
Self-sufficient

Senior transportation
Cleaning snow
Possibly someone for cleaning
None I hope
Hire a - teenager(s) to rake
Lower taxes
Transportation to doctor's appointments in Hartford
Respite for at least 1 week vacation, I'm caregiver to my mother 24-7
House cleaning
More availability of senior center van
No increase in taxes
Affordable assisted living
Yard work - flower bed, trim bushes, take fallen trees out of woods
Help w/ heating
Exercise class - we used to have it twice a week - none now
Dial-a-ride
Occasional transportation services after 6 pm and weekends
Have to cross that bridge when I come to it
Rides to doctors appointments, etc.
Caregiver support group
Dial a ride type service for day surgery
Alzheimer's support group
Snow plow driveway - free of charge
Maintain current trash pickup system
Daily lunches for seniors (Community Renewal Team)? Served at an Ellington location
Help with lawn care + landscaping
Transportation to MD appointments in Hartford when I can't drive anymore
Do not require any services or assistance at this time - still employed
Assisted living @ home
Dial-a-ride
None known
I have had knee surgery. I need one on one help to get out of the house
Home improvement help (money wise)
If my health holds up - none
Fuel assistance
Baby sitters
Indoor swimming pool
An affordable assisted living facility or affordable apt.
Unable to determine @ this time
Help with bathing
Lower taxes
Dial-a-ride
I am worried that Ellington taxes will be too high when I retire
Info on assisted living (probably available if I inquired)

None that I need now + can't anticipate. It all depends on level of illness. I had to move here to a 1 floor home because I cannot walk well.
More affordable housing for aged
Lower taxes for seniors
Lawn care
Snow shovel
Do not know what is offered now
Estate Planning
Transportation
No help needed at this point
Tax relief
Unable to predict
House cleaning
Help with heavy housework - would be willing to pay a nominal fee
For others, accessibility
Transportation if needed
Help for repairs around the house (plumbing, eat)
Consumer person to show bills too.
A different voting location where one could walk a much shorter distance to voting machine
Better senior center
Lower living expenses for elderly
Would like to have a facility like Quail Run Estates in Agawam, MA in Ellington instead of a big Y.
Help with yard work
Do not know what I might need
May need senior bus
Yard work assistance - mowing, raking leaves, shoveling
More trips
Senior newsletter
Lower property taxes for seniors
Sidewalks if I need a wheel chair where will go in the road
Regular bus to crystal lake
Current SVCS adequate additional services raise taxes
Unknown
A place outside the senior center to sit down and be able to use a grill + sit at tables to have a cookout with your senior friends
Part time housework
Unknown
Depends on many unknowns
Don't know yet
Possibly transportation
Handyman for repairs + yard trimming
Lower property taxes
A part-time first select man...Town vouchers for private + parochial schools
Van pick up for hair care
Not sure if services are free or paid and don't know service costs

Adult day care
Visiting nurse
Friendly drop in visit just to say hello especially for those who do not get out of the house
Having the roof in our house replaced
Drug store
Caregivers Support Group
Snow removal (driveway + walks)
Help in doing small chores
Respite care for wife
Laundry that will be picked up and delivered
Am unable to afford, any life, medical, or prescription coverage
Memory not as good as it was
Person to call at 3PM daily- to remind me to take meds
Get rid of geese at lake
Snow removal
Senior Center activities/trip
Meals on Wheels
Lawn mowing
Reinstitute arbor parks musical program for 2006++
Heavy cleaning
Safety tips if one lives alone
Grocery shopping
Hospice group
Adult daycare with good activities
Prune shrubs
Expanded transportation services provided by town
Help with house repairs
Homemaker services
Handi-man repair (if my husband pre-deceases me)
Helpers around house (like kids to help w/yard work
Rides when I need it, if car fails
Exercise/fitness center
Friendly helpful service in town hall
Housekeeping
Lawn mowing
Heavy work
For non wheelchair handicap persons on senior vans better parking at senior center
Senior discounts - you only get when you ask
In future will need transportation
Shoveling
Reasonable housecleaning service



That would inform you of the services available
Bus service at Crystal Lake
Podiatrist for foot care
Public transportation (should I or my husband need them)
Dial -a -ride
Interior painting (ceilings + walls)
Adult day care
Transportation to and from doctors.
Someone to do laundry 1-2 times/week. Someone to vacuum once/week
City drinking water
Dial-a-ride
Garden watering
r/e tax exemption for seniors on a more liberal scale
Housework
Public transportation
Lawn, shoveling help
Tax exemptions
Lower taxes for seniors
Raking leaves + other minor repairs
Senior outreach program that searches for people that need outreach

Appendix H  
What additional services do you think Ellington should  
offer to older adults? (60+ Survey Question)

Break on fees for trash pick up and sewer use
I truly haven't thought, except for easier ways for us to dispose of much cut down crush (we have this problem. Since all the dampness, the foliage is lovely but the extra heavy work is constant.
Less taxes over 65 yrs. old
Lower taxes for seniors/retired
Meals available at nominal cost
Programs incorporating youth work/study opportunities to help low income families, young or old, maintain or improve their homes. Painting, carpentry, plumbing, heating system update, etc.
Accessible Transportation
Attractive, free standing condos
Hard to say as I have not availed myself of any current services + therefore do not know what is available.
Assistance for medications
More free medical screenings
Help with snow removal in winter
More senior housing middle income
Because of budget cuts there is no money for additional services in Ellington. However they could start with getting rid of some overpaid fat cats in town government, but no one wants to tackle this real problem.
Senior housing areas
Daily meals
Transportation
We like it as it is now
Tax relief
Never thought about it
Keep our senior center and all its activities
Lower taxes
Affordable housing
Volunteers for short term assistance in home
Tax relief
Can't think of anything beyond current services
Expand on senior handicap transport
Less taxes
Maybe more houses with the senior center van
Farming is a lost cause in Ellington and this great country of ours.
Don't destroy the "country" in Ellington - keep the farms
Young people to help with shrubbing & yard work.
I volunteer at hospital Sat. to water + take care of plants
Dial-a-ride
Tax reduction for residents over 65
Consumer protection

Social activities
Nice affordable housing - ie., Snipsic Village - perhaps a certain number of units (condos) available on a sliding economic scale. Over 55 communities tend to be on the expensive side.
More help financially
Food assistance
More transportation
Anything to help them stay in their own home as long as possible
I am not well read enough to make comments on this subject.
Transportation on a regular basis
A medical facility (from UConn only) such as Htfd Hosp. has in Manchester
Information on what's available now
Shuttle busses to get from one place shopping to another.
Create a pool of young people to help seniors with occasional home owner chores. We would pay for their services at the going rate.
Water
Affordable housing
Town sponsored outings like casino, bingo, parks, ball games, discount tickets.
tax break - real estate + autos for seniors.
tax break for seniors on real estate & automobiles
I really can't answer that right now because I haven't looked into them.
1-2 day trips of interest / other than Foxwood to learn or see interesting sights!
More "advanced" adult education classes
Tax relief
Tax relief
Financial + tax advise
Tax breaks
Rides to church
From what I hear/see - we are doing okay as is
Low cost aides for assistance if needed
No additional services
Travel to medical services
Transportation
Lower taxes
More chances to do things in the winter months with people our age
Better parking for events @ schools + library
More taxes breaks taxes
A single place you can call and obtain help in: changing bulb in ceiling light, bringing items down/up to shelf or cellar; help outside; changing washer in faucet
Town help with snow removal
Help
Health screening
We do not yet know what Ellington already offers to seniors
Tax breaks for Sr. regardless of our financial planning
Tax breaks according to income
The people in govt should use the resources of the people to get things done properly and not rely

on their egos to do the correct thing, when contracts are negotiated they should have people from the town or the negotiating committees who know how
Home making
Tax limitation at giver age
Rides for appointments
More flexible bus service
Fair rent commission/regulatory service
More available transportation - not necessarily from the senior center
More affordable assisted-living or elderly housing
A written guide advising seniors what services are available to them thru town
Housing for elderly (who have custody) of grandchild
More intergenerational programs (activities)
Group trips, (seniors)
A legal dept. to help with all aspects (especially paper work)
Financial services
OK as is
Quiet neighborhood
Town senior center + library do a great job - but must have funds they can count on.
Transportation help
Indoor/outdoor concerts
Health care
Home repairs at reasonable price
You cover the major bases at present time
Help w/property: yard work, moving, + snow removal
Help with snow removal
Anything would be an improvement.
Break in taxes
Haven't reached the point of knowing what's needed or available
Again - I'll think about it (Ellington is very special)
Transportation
More 55 alive driving instruction classes
Trips
Snow removal for driveway or walks
Transportation
Ellington crystal area
Develop a strong volunteer base to be of service to seniors + the ill.
Tax relief (reduction)
Weight programs, computer classes, fitness programs.
Tax cuts on house + car.
More transportation capability
Lower taxes for low income people who lived in Ellington all their lives.
Street cleaning
Yard work
Better senior center

Educational Outlets
A community center offering services to seniors, youth and other groups
Lower taxes
Lower taxes for elderly
I don't know what they do offer + feel a bit solitary because luckily I am independent + no immediate need + haven't checked or know where to go just to sit and ask what I can call on if needed.
Day care center
Less taxes
Tax breaks for seniors
Sidewalks!! (would like to walk along Windemere; no sidewalk til you've hit Vernon!) Also, along rte 83 - that would help all ages - be great to be able to walk more in Ellington.
More fitness programs - outreach
I think we have a good coverage now.
Transportation for some who cannot drive
Transportation - little bus not enough.
Ellington is a great place to live but the older people can't afford the taxes. With town taxes, state, higher gas Northeast utilities electrical rates higher cost of living.
Fitness + sports opportunities
Assisted living services
Active outreach program to identify and help seniors in need of financial/health/mental/substance abuse assistance
Dial-a-ride
Lower taxes
Recreational facility with a heated pool
Ellington is doing a good job for the "older" group of folks.
Services offered now seem adequate.
The cost of living is much too high for most seniors. Groceries, gasoline, taxes, etc.
Evening events
I do not believe that the "town" should have to "serve" me any more than they do now.
Senior Discounts
As I haven't needed any services I really don't know what is offered now
Give tax break for older adults!
More senior trips
Annual picnic
Give tax break for older adults
Help with transportation
Low income apartments
Exercise Program
Bus service
More transportation in years to come
Assisted living with an adult day care center
We've only lived here for less than 2 years and have no idea.
Case management Services

We have a small brook (it's dry now almost) + it's very overgrown even though my son does trim it.
Free ambulance service
I see this with high school +college age students. Ellington high school has always neglected its students who do not go onto college. It's like they don't count! I say this as a parent of 3 college educated children + a former teacher myself.
"Two" retail discount cards
Free home screenings to assess individual needs
Senior housing areas with park grounds
Volunteer drivers for doctor's appointments
Using the van to go to doctor or dentists, we have the van lets utilize it to it's fullest potential
Better building planning (re schools -? Why too small when just enlarged)
List of best places for car repair etc.
More transportation
More upkeep in housing
Need more Sr. Housing + closer to something besides what there now
Free educational opportunities
Trash
Help paying taxes - so they won't have to move from their homes of many years.
"Ladies day" - men only day!
More readily accessible info on "senior" housing
Guest Speakers - gardening - nutrition advise - tax planning
Low cost home help
Information for people like my neighbor who has no help caring for an invalid husband.
Present conditions are ridiculous
Spa with exercise + swimming pool - therapy + better health
Poling for voting where I wouldn't have to walk so far - try for the H. school cafeteria - not the gym
Bus or van service for those needing
To negotiate and not get taken for a ride all the time
Help with medical info
A better communications system to bring existing programs to light
Walking groups
Monthly informative discussions
A place where a person can go for help with insurance paper work etc. Help to organize and put things in order
Better home service
Senior center van available more hours per week
Cost prohibits any substantial advancement.
Companionship opportunities
More transportation
Shopping/visiting/respite for care givers
Additional blood screenings + health screenings a community center serving all ages + having older adult programming
Senior housing
Leaf pick up
Painting, staining

Senior meals. Buddy recall
Group activities of interest
Assisted living affordable
Nursing at home
Don't put in rotary @ 5 corners - works just fine there now!
Older people don't want to move to FL. or the south but they are forced to.
Educational opportunities/ability to connect w/UConn or MCC activities even if one couldn't drive
Adult day care services
Why are you turning Rt.83 into a business corridor? People like the rural atmosphere
Separate school budget
Special tax rates for seniors
I haven't used any services however - question 26 seems to offer many services.
Outreach to seniors living alone
Trash pick-up shouldn't be charged
More police cruisers to catch speeders and mailbox vandals
Expansion of elderly transportation services
Caregiver support services
Tax break for property repair/landscaping etc.
Tax breaks for seniors
Treat them as important as the rest of the community + stop calling them older seniors or "over the hill" - how all old a name that represents their wiseness skills or revered as live supporters [difficult to read]. I take great offense at "older."
Less time you have to wait to have repairs + update
Free entertainment
Prescription assistance
Slight increase in income limit for refer + rebate
Because I am fairly new here, I do not know what the town offers ex. I found bank/Medicare assistance, etc. I did this in South Windsor for many years + feel lost here not being accustomed to my town yet.
A senior center away from present location - presently we are wasting a good commercial location
More housing
Nature trails
Diet planning to lose weight
More musical programs
Better leaf collection
Difficulty passing a school budget which in reality is still the most important service local gov't can provide
Re-organize taxes. You are discouraging the work ethic.
The most frightening part of aging is the lack of any savings, health + life insurance and the inability to take care of dental and medical issues for my wife and myself.
What about expanding cultural arts instead of cutting. The senior center could stand a reevaluation and upgrade of programs the library is reduced. It should increased.
Health + Welfare Assistance
Household help + yard help
More elderly outreach to find the loners
More town wide discounts for seniors.

Genuine concern for seniors well-being- most local officials are self-centered, self-serving snobs.



Appendix I  
What programs do you think Ellington should offer to  
older adults? (60+ Survey Question)

Adult day care
I think Ellington has several good programs for older adults - they need to be continued and expanded in some instances for instance increase time for availability.
Tax breaks
Transportation - Doctors, Shopping
Monthly luncheons by churches as we used to love
D.I.Y. for minor home repairs
Case Management Services
Senior housing - varied options
Someone to come into home: survey wishes; and make arrangements for senior center for someone who has severe disability, physically and with cognitive difficulties.
Tax relief
A winter swimming program
Safe and reasonably inexpensive exercise programs + areas
I did some volunteer and dropped off
Free transportation
Tax abatement
I cannot use my energy to attend the senior center. My energy is needed for coping with illnesses and caring for myself
Financial management / investment options
All of the above
Good variety listed above
Nutrition
Trips
Swimming in a heated pool
Senior single dances.
Fitness center
Fewer taxes after 65 year old.
Transportation (If needed)
Will go [to senior center] when I am not on the go all the time
A list of what they do offer
Before talking about offering programs, there should be no money taken away from existing programs for the elderly. This years budget cuts reduced the budgets of every senior programs such as library - parks - cultural arts program and senior center
Social recreation
I do not attend the senior center at present.
Adult CPR, Heimlich maneuver
Computer classes
I think the senior center has a new mix of programs but I would like more late afternoon or early evening programs-
Perhaps "chatting" meaning some of us are talkers. If not too active, but are sociable and some times feel help through conversation

Someone to explain and + help with insurance decisions + questions
Re: health issues/questions
Reasonably prices exercise/fitness center
Rides to + from grocery store shopping, doctors etc.
Tax deduction (homestead)
People visiting with each other
For a minimum charge have a meal once a week
Financial information programs
No additional programs
All of the above in item #14, including those I've not checked
Medical screenings
To help clean my yard
Dances + entertainment - like in Florida
Lower taxes
Recreation Programs
Tax free
Ad Hoc committees RE: local issues
Meals on wheels
Senior discount on property taxes
Transportation to appointments
Bookmobile
Freezing our property taxes!!
Renters protection/lease adherence program (fair rent comm)
Keep trying for easier transportation
Exercise - health course
Book discussions
Medical tips - vaccine - B/P etc.
Most of the above are offered in Ellington - but I go and do what I can afford on my own right now
Education topics
More support group
Education
I am not qualified to make these choices
Computer use
Continue current ones
Health related matters
Help with keeping their house up
Education - financial
Yoga
Education to get back in work field if able or grants to go do it elsewhere outside
How to better meet new people for friends.
Physical activities while able to do them
More activities for 60-70 year olds
A freeze on taxes
Woodworking

More senior condos / same level
Financial Information
Tax reduction of some kind
Over 65 years of age list. check on these people for needs.
Bridge Lessons
More volunteer programs
In the Crystal Lake area
Regular meals at noon
Transportation
Transportation
If not available transportation
Transportation (not needed yet)
Property tax relief to retired
Ceramic classes perhaps - if there is an interest
Information on Social security and Medicare
No additional programs at this time
Information programs on doctors + medical places
Many programs cut back because of budget restrictions
Bring back Arbor Park concerts during summer
Programs adequate
Fitness + exercise
Help with repairs in home
Discount on taxes
Swimming activities for seniors
Team up with a school system that has adult swimming activities
Computer classes
Educational
A center for exercise like Court house @ a reduced or free rate
Fitness Center
Health screenings
An active outreach program
Outreach to find seniors in need of help
Lower taxes for seniors we can't live or pay your hire taxes. Cut back on all these raises. This big time no do people why do they need all these big raises when they don't do anything but go to a meeting once a month and raise our taxes they could
Transportation
A class in socialization with peers
Think they offer a lot in a small facility
Transportation for some
Dancing
Indoor/outdoor Yr. round swimming
Education
Good walking trail
Lower taxes - Ellington recently had a senior tax study
Exercise classes - suited for seniors

Appendix J  
What would make Ellington a more functional or  
supportive place to live in as you grow older? (60+  
Survey Question)

Lower property taxes
I can't say - at this time, maybe there's one - don't make our lovely town too commercial
Transportation to larger shopping venues
If there was more Sr. housing available - more than 3 rooms
Advance infrastructure to handle growth
Proportional Taxes for people not using public schools
Less taxes on people over 65
More sidewalks
([A bright future for Ellington:] More sunshine :) longer spring + autumns + shorter winters :) ). A large heated pool for seniors and others! To exercise their aches + pains away (+ prevent them too!)
Less RE Taxes
Town remains quiet & safe
Less Taxes!! (especially for elders)
Resource to get information RE: programs and available services as one approaches retirement age
Stable tax rate
More business in the Rt. 83 Industrial Park (near airport)
Keep commercial development down.
Affordable rental properties for seniors
Public transportation
Keeping taxes under control so that I can afford to stay in my home
More help for seniors
Raise the amount that makes the limit higher for a tax break for seniors. We need help.
Indoor swimming pool
Less new housing / maybe assisted living
Reduction of taxes
Lower property taxes for seniors
Satisfied with the way things are
less commercial development
Reduce taxes
Lower taxes
Senior housing
Limit the building
Excellent Restaurants
Transportation
I'm very content as is
Better Transportation
Assisted living facilities - the new concept of homes for 10 people sounds great
Lower Taxes

Public or senior transportation
Assisted living facilities
Fitness center - currently go to court house plus for strength training and balancing - very important (and aerobic exercises) (keeps me pain free) 2x per week
Keep the excellent senior center. Change + improve as times change
More Walmarts for less tax
A new senior center
More industrial services
Affordable Taxes
Less tax's
Keep some open space - there is too much building!
More transportation
Lower taxes
More sidewalks
Town counsel
Showcase Crystal Lake
Restrict commercial development along Rt. 83 in order to control traffic congestion. The town should maintain its "farming community" heritage
Tax relief
Less houses
A hold on taxes
As the population increases, will we lose our sense of community? With progress comes change. What will happen to Ellington supermarket? The pharmacy is now a big chain store.
Maintain Rural/small town feel
Ok as is
Sidewalks, slower traffic
Keep it rural
I'm not sure
Adult housing center
Beach (crystal lake) residents should not have to pay to use
Support existing merchants + businesses
Don't know
There isn't anything much here - I go to other towns for most except groceries but can't afford Ellington Market every week
Lower taxes
To get city water and sewers
Lower Real Estate Taxes
Get more business in town to reduce taxes more natives of Ellington on town boards
More housing for elderly (moderate income)
Lower taxes
Keeping taxes down for the elderly
Reasonable, easily accessible transportation when we can no longer drive ourselves
If senior has family encourage them to help more - senior shouldn't be dependent on town - only if necessary.
Leave it alone. It is a lovely, peaceful place to be.

Less homes
Freezing real estate taxes for home owners who qualify at last years level. Qualification would be determined by income level.
More stores
Increased Agriculture (farming)
A fast food restaurant
Better zoning
A gathering place where I fit in and feel happy and uplifted when attending. I feel that my church fills these needs now.
Like it like is
Resident services
Tax break for seniors
Tax break for seniors!!!
That the services that are here now will still be here if I need them - thank you
Stop the wasteful spending and school additions every couple of years.
More places to visit - shop - eat
Adult Ed - college level - not necessarily for credit
Safe walking and/or hiking trails
Tax relief
Lower Taxes
More open space
Better fiscal management
Rides to appointment (only if we become disabled)
Lower taxes
Control property taxes
Transportation
Transportation for shopping and medical when no longer able to drive
Less homes - save some open land
Lower taxes
Stay the same
Stay pretty much the same
Commercial - industrial development
More senior housing
Housing: assisted living, 2/3 rm. Apts. Stand alone condo homes under \$200,000
Indoor swimming pool
Ice skating
Tax relief
Lower taxes on property
Lower taxes for elderly
I would like to see town retain it's small town appeal
Central place to call for names for upkeep services (reliable, dependable) - seniors are taken advantage of
Bus service
Continuously running mini-busses running on the hour; town hall, library, shopping center, crystal lake, etc.

Keep open space + money management by town officials
Local dept. store
Tax relief
Community health care on a sliding scale basis
Lower taxes
Less politics
Moderate to low price condos
Senior housing
Affordability
Lower taxes
Indoor Community Pool
More homes for elderly
Keeping its small town atmosphere as much as possible.
Affordable housing (home owners)
Lower property taxes
Fine as it is!
Give veterans a higher tax break
Getting to noisy with many speeders
Tax relief for seniors who do not have any family members eighteen or under in school. State of Georgia has some provisions for senior tax relief
A special group for grandparent caring for grandchildren
Tax breaks for seniors 65 or older
Welcoming place for seniors to live
Additional + 55 housing
Don't raise property taxes so Ellington will be affordable place to live
Keep taxes down, so can afford to live here
Something like big sister or brothers for younger people but for older people-
Our family will be moving to another state in the near future due to high taxes within the town of Ellington and especially the overspending of our state government
Tax stability
Less housing
More transportation
Reduce town taxes
Bus line - Manchester, Hartford
Senior viable housing
Tax breaks for seniors
Town needs more business
Reduce taxes
If our "children" (now adult) moved back to this area
Broader base tax support
Cutting prop. taxes in half for widows/widowers
Less congestion
Tax relief
Tax allowance for retiree's
More affordable senior housing

Bus service
Meaningful activities (physical/mental)
Buses to get around when I can not drive
Less building
If I can afford the taxes on my house and Auto - personal property
Affordable housing
More retail shopping
A cap on property taxes
Lower Taxes
Bus service
The senior center reaching out to seniors by informing them about services & programs for us. I know very little of what they provide, etc. the surround towns let the public know what they provide.
Better Senior housing
More elderly housing
Stop the fast growth
Tax break on property for seniors
Street lights
I would like to see the high school auditorium made available for local entertainment - at reasonable prices - theatre/music
Lower property taxes
Additional Dial-a-Ride
Better maintenance on the road I live on
Limit private housing, apartment & condo development. Our present schools, fire & police protection are not adequate to allow additional population growth.
Would want to think more about this except for my heart issues I still don't think of myself as being "senior"- and am usually one to assist seniors, not be in need of assistance.
Health care facility short + long term
Better health care services
Reduction in taxes
Stable tax base
Freeze property taxes on people with low income over 65 years old
Public transportation
Minimum development
Lower taxes
Better tax plan for seniors
Some kind of tax arrangement for seniors who want to stay in their homes
Availability of adequate moderate income housing
Lower taxes
Stop building new homes
our children went through school here I think the parents should support the town budget and not waste money on referendums
To keep it rural, not commercial
It's single family homes + corn fields - I have to go to Manchester + Vernon for nearly everything
Less building of homes + more Industries in the industrial park only
Less taxes



Adult affordable community
Transportation - public
More retail establishments
Fix property taxes for senior citizens
Stop taxes from getting out of hand
Senior housing with parking next to entrance also covered parking for car
Senior housing with garage
More affordable senior housing
I like Ellington just the way it is now
Store prices + packaging with single buyer in mind
Assisted living
More affordable senior housing
Lower taxes for people over 62 and lowered with age
Assisted living facility
Hire a town planner. Less bickering at town hall/ acting as adults, not kids!
A new fire station in South Ellington.
More community development to help w/ taxes
Fix or reduce property taxes for seniors
More stores
Senior type housing perhaps with an assisted living complex
No tax increase
More community activity - stop canceling concerts on the green and van services!
Upscale adult communities - condos or PhD's
Sidewalks
Don't let it grow too quickly
Send more info to seniors
I think senior citizens should receive a break on property taxes.
Low cost housing
Affordable housing for seniors
Larger units for senior housing
It's fine the way it is
Slower growth
Keep property tax down
Building less houses
Less Bureaucracy
Special tax rates for seniors
More affordable - 55+ over housing or apt.
Stop building \$500,000 homes!
Tax considerations/decreases/on those retired or on limited income.
More available transportation
To stop building + bringing more people in
Leave the present farm lands as is
Assistance with transportation to shopping, medical appointments, to the community center + those activities.

Good schools
55+ housing in Ellington near shopping
Give a break on taxes to senior citizens
Bus service
Control growth of housing
Public transportation
Speed limit signs on Hoffman Road
Additional tax abatement for low income elderly
More business
Convenient Grocery, Banking Services
Maybe assisted-living community in town when I'm no longer able to live at home
Better transportation
The special something here would evaporate into the "those were the days my friend"!
Replace current 1st selectman at next election
Exercise programs - walking trails
More parks
Library program for seniors like the short - story discussion series (not only for seniors!)
Less supermarkets + "urban" land development
Town doesn't grow to large
Small retail outlets
Walk & bike trails
Lower the taxes
55+ apartments and/or condominiums
Less housing three four bed room, no homes
Senior housing + affordable housing, not 2000 thousand dollar homes
Better Tax base (industry)
Public transportation
More open space
A hold on new construction
Elder adults especially enjoy the personal treatment they receive at these businesses will this dimension be lost as we large? I think the town should have more control over what buildings look like - trying to maintain our country - like setting:
More police, fewer trucks (gravel operations!)
More active senior center
Park at crystal lake area
Keep Ellington green
Stop the increase in new homes
More active senior center
The farms are "homey" and comforting. Grandchildren enjoy the playgrounds we have.
Less taxes
Increase fees for building permits, not lower them
Tax caps -auto -home
Keep the residential (new) to a minimum
Entertainment - movie
Suggestions for financial aid for health expenses

Tax relief
Keep an eye on excessive development (housing)
Rides to "senior" center (where people have attained the age of wisdom hopefully)
Helpful town employees
More businesses to keep taxes down
Reduce incoming population
Local newspaper - (if you're gonna dream - dream big)
Town pool
Free trash removal
People in gov't that are efficient
Public transportation
more stores, grocery, dress shops
55 years + older housing
More senior housing
Affordable housing
Moratorium on buildings
Stop "over-construction" of several areas (housing)
Get high school children more involved in helping senior citizens
Not a good zoning plan
A special group for grandchildren who do not live with birth parents, and have questions about this.
Emphasize cultural awareness and cultural education through meaningful involvement
Volunteers to help w/home improvements or car repairs etc.
More open space
Fewer taxes
Indoor pool/health
Stop letting the housing projects increase taxes
More services
An end to the outrageous schools budget
A more active senior center
Employment opportunities for seniors
More transportation services
Health care facility - short + long term
Better senior center
Transportation if your MD is in Hartford
Provide community activities. Continue the cultural arts programs
Side walks
Reduce teachers salaries (money does not buy better teachers)
Dial-a-ride for out of town needs that is easily accessible
Good senior support
Larger senior center
A swimming pool
Assisted living
Lower taxes

Adult housing - single family - no association fills
Less taxes
More lower to moderate income housing for seniors and others
Assisted living units
Assisted living units
Easier way to get transportation
More unity in town politics
More senior housing, handicapped accessible, for pet owners
More amenities
Lower taxes thru less school/town spending
Assisted living complex
Sewers
All the condos for seniors start at \$2500,000 to over 300,000
Senior center
No Big Y market
More town wide discounts for seniors
More senior housing!
To bring in more business
As our numbers grow local governments are going to have to create more innovative means to support programs + rising taxes
Stop building \$500,000 and up homes.
No big box stores
Also, more town sewer constructions for homes to eliminate septic tanks systems
Additional subsidized housing for the elderly
The special something here would evaporate into the "those were the days my friend"!
Replace current 1st selectman at next election
Exercise programs - walking trails
More parks
Library program for seniors like the short - story discussion series (not only for seniors!)
Less supermarkets + "urban" land development
Town doesn't grow to large
Small retail outlets
Walk & bike trails
Lower the taxes
55+ apartments and/or condominiums
Less housing three four bed room, no homes
Senior housing + affordable housing, not 2000 thousand dollar homes
Better Tax base (industry)
Public transportation
More open space
A hold on new construction
Elder adults especially enjoy the personal treatment they receive at these businesses will this dimension be lost as we large? I think the town should have more control over what buildings look like - trying to maintain our country - like setting
More police, fewer trucks (gravel operations!)

More active senior center
Park at crystal lake area
Keep Ellington green
Stop the increase in new homes
More active senior center
The farms are "homey" and comforting. Grandchildren enjoy the playgrounds we have.
Less taxes
Increase fees for building permits, not lower them
Tax caps -auto -home
Keep the residential (new) to a minimum
Entertainment - movie
Suggestions for financial aid for health expenses
Tax relief
Other areas like arbor park in different neighborhoods
More spacious senior center
Dept. store
Alternative/assisted living
More affordable housing (assisted living) for elderly or disabled
Retired citizens need to pay lower taxes
No respect of ecological issues
Less commercial building
Preservation of forests, woodlands, open spaces, quiet spots
Better schools
Much more transportation for seniors
55 or older stand alone condo's
More assisted living facilities
Taxes are driving people out
Real estate & Personal tax reduction for senior citizens
Transportation
Public transportation
Healthy + safe place to live
Even less taxes
Meals
Centralization of rest./services/Etc.
Trustworthy town politicians
Someone to shovel snow off my car in the winter.
Lobby for more state fed funds
Build more places for seniors to live in.
Build an assisted living complex (sliding scale payments privately financed)

Appendix K  
What are your greatest concerns about staying in  
Ellington? (Boomer Survey Question)  
Appendix  
Greatest Concerns of Boomers

Transportation availability
Taxes
Keeping up with the taxes as population increases with increased needs
Rt. 83
Gotten over developed, lost or losing country charm
Tax increases
Transportation in and + out of town
Taxes
Taxes, Taxes, + more taxes
Cost of living standard to remain in Ellington
Taxes
Taxes
Taxes
Taxes
High taxes. I moved from Granby, CT. (high taxes)
Real estate taxes too high
Overcrowding
Taxes too high
Increases in taxes
Ellington is getting too expensive to live here.
That the town remains rural
Expenses exceed income
Taxes getting too high
Cost of living
Police services
Increased taxes
Lack of space in elderly apartment complex
Cost of housing
Dealing with winter
Business
Lack of public transportation
Taxes too high
Strip malls
Tax rate - too high
High Taxes
Taxes will be too high to afford to stay in Ellington
Higher taxes
Taxes increasing

Increasing population
The Cost of living in Ellington
It will grow too big and lose its small town appeal.
Lack of housing for 55 + older
Growth
Housing availability
No senior living condo's, apartments, etc.
Senior activities
Transportation
Population/traffic increase
Taxes (increases for seniors)
Too expensive
Not being near my children after they move away
That it remain a friendly, neighborly community
Taxes are high seems as if many wealthy people are moving here
Property taxes will be too high once I'm retired
Taxes too high
Not getting around by myself
Senior Center expansion + involvement w/ coordinator
Activities
Increased cost of tax mill rate - higher taxes
Affordable housing
Too many houses
That I (We) can't afford it!
It becoming overpopulated
Taxes
Affording first time buyers
Population increase
Not enough services available
Services for elderly
Reasonable taxes
Tax increases
Taxes
Taxes
Transportation
Taxes
Taxes
Tax Increase
Taxes
High Taxes
Weather
The condition of the water (Ellington Acres)
Lack of affordable retirement housing
Taxes

Cost of living
Cost (taxes)
Will I be able to pay my taxes
It is being overbuilt
Tax increases
High taxes
If my children will remain in the area
If I get a different job we will relocate + will probable retire in that area
Housing for elderly
Taxes
Town is becoming more like a large town
Cost of living
Higher taxes
Taxes too high
The Rt. 83 Business Corridor
Taxes
Taxes
Affording real estate tax on my home
Staying near children but rents are high
My ability to maintain my house (mow lawn, plow driveway)
Appropriate space being available when we need it.
Living on a fixed income
Taxes
Higher taxes
Overpopulation
Taxes
Not living close enough to a market (grocery)
Taxes
Limited senior housing
Not having the housing for the elderly
Taxes
Taxes - property
Taxes
Taxes increasing
Increased Taxes
Appropriate place to live
Taxes
Taxes
Higher taxes
Quality of town government
I want to be close to child so will depend upon where she decides to live.
Increase in taxes
Activities available full day
Never ending tax increase



Growth of housing
Transportation
Rising Taxes
Being able to afford the HIGH TAX RATE
Taxes - can I afford to stay here?
Cost of living in the town - taxes etc.
High taxes for services received
Taxes
Was very important to remain in Ellington until the taxes kept going up annually and since all of the new, huge homes kept being built, this town will be a "Manchester" city in no time at all. It's quickly losing its charm to development.
Housing that's affordable
Taxes
Lack of paths / sidewalks
Not enough affordable elderly housing
Community development
Taxes
Affordability (taxes)
Will I be able to afford living here after I retire?
Bring business in to offset taxes
Very expensive to live in (taxes)
Town fiscal management & Planning
Keeping the mil rate stable to keep taxes down
Seeing farm land made into elaborate subdivisions
Increased tax on my house so I won't be able to afford to stay in it
That I won't be able to live in my home.
Taxes
Overdevelopment
The shift from a small town environment
Transportation if I can't drive
Rising taxes
Cost of living
Affordability
Appropriate housing
I don't plan on being here then.
Increase in Property taxes
Roads
Taxes
Ability of town to handle growth + growth-related issues
Rising taxes
Cost of living in Connecticut
Property taxes
Overpopulation
Overdevelopment
High taxes!!

Where are my children living
Affordable housing
Taxes going up
Taxes
Overdevelopment
Taxes
Raising taxes / losing activities for the seniors
Will I be able to afford the Taxes
Rising taxes
Taxes
Transportation
Being able to afford taxes
Crowding
How the town is run - who's agenda?
Children at a distance
Increased taxes each year
Tax increase
Ability to stay in my own home
Getting expensive to live here, high taxes
Taxes
Winter
Growing population
Ellington will turn into an overdeveloped area like Vernon
Lack of transportation out of town
Taxes
Taxes
Taxes
Transportation
Not being able to pay my house taxes!
Money
My children are close by
Taxes
Tax base will be more than I can afford
Overpopulation
Cost of living & high taxes
Community services for elderly
Noise from roads + neighbors
Transportation
Continued and better activities for elders
Cost of taxes
Property taxes
High taxes
To afford to live here
Being able to afford the taxes to continue to live here

Tax rates
Taxes
Taxes
People speed on our road
Like the area
Traffic
A place to exercise during the winter
Taxes -> financial burden -> Fixed income
Being able to get an apartment at the elderly complex
Traffic and congestion
Cost of living
Taxes
Ellington's growth - too fast!
Property taxes too high
Being able to afford the taxes that are rising every year.
Being able to afford living here.
Proximity to stores
Cost of housing
Taxes
Affordable housing
Taxes/I want education 1st, other things can be last to lower taxes that include keeping the library going with the good funds this is what we want
Not enough business to support tax base
Real estate taxes
House/yard maintenance
Taxes
Taxes
Lack of public transportation
Overdevelopment of open space
That I can afford to live in Ellington
Population
Keeping the center of town looking like a village, keeping very modern buildings up on Rt. 83
Taxes
Taxes
Higher taxes
Hill & Pinney road becoming like route 190 - fast, congested
Housing
Traffic congestion
The arrival of big stores like big Y
High taxes
That the "country" will disappear
Town's growth - too much traffic
Increase in taxes
Lack of public transportation

Being able to afford the taxes
Taxes
Higher taxes from too much government aid
Transportation problems (if unable to drive)
Traffic increasing
Elderly condos
The taxes growing
All the large homes that are being built
Tax rates
The ability to afford it property taxes
House taxes
The town is isolated...there's no public transportation
Property taxes
Taxes keep going up
High taxes
Increase in costs (taxes, etc.)
Too many people
Taxes
Being around family and friends
Too much expansions
Taxes - cost of vs. income
High taxes
Property taxes
Lack of available public transportation
Increasing taxes
Town won't be able to control growth (currently happening)
Taxes
Overdevelopment
Tax increases
Growth of property taxes
Few local stores
Cost of taxes
Concerned about mobility - after driving privilege is gone
Transportation to health care, pharmacy + grocery stores
Limited housing for elderly
Affording taxes
Too many people moving in (excess growth)
Taxes (property)
Too much growth (housing)
Taxes
Until children finish college
Increasing taxes
Affordable housing
High tax costs

Increase of taxes
Higher taxes
High taxes
Increasing taxes
Affordable housing for low income
Taxes
Affording taxes
Manufacturing mortgage payments
Close friends
Taxes
Breathing
Traffic congestion on Rt. 83
Can't afford to buy a home here now
Access to medical facilities as we age
Planned growth so town remains small with upscale growth not another Vernon
Paying school taxes that always increase! Every year without fail!
Not enough services or resources
Tax increases
Population
Increased housing developments
Taxes
Increasing taxes for mainly children's schools + programs
Increased taxes
Taxes
Appropriate housing
Growth/taxes
Population growth
Increased taxes
Increased taxes
Keeping my daughter in school
That there is enough to do
Rising taxes - are more than my mortgage now
Housing development - getting too congested
Taxes
Competent emergency care (response team + hosp)
High costs
Cost of living
Lack of public transportation
Traffic congestion
That it will become too commercial/overdeveloped
Traffic congestion
Affordable housing
Losing the land
Taxes

Taxes
"Progress" that takes away open space
Property taxes
The quaintness will be lost
Taxes!
Property tax
High costs of housing
Weather
Increasing taxes
High taxes
Public transportation
Independence
Cost of living/taxes
Taxes
Haven't thought about it
The town stays small (under 14K)
Being able to afford to live in Ellington
Commercial development on Rt. 83
Transportation
Country living
Taxes
Taxes way too high
Taxes
Commercial/industrial growth which is needed-not being done in an appropriate rural considerate way
Increased traffic
Do not have any at current time
Elderly Assistance
Traffic
Getting to big
Cows and countryside turned into housing
Industry growth (Big Y, CVS)
Rising taxes
Traffic
More McMansions!! Less farmland
Environment
Size of the senior center program
Availability of appropriate housing
Affordability
Senior vans + taxis
Union teachers being overpaid
Disproportionate taxation
Too many new housing developments
By the time, I can retired I won't be able to afford to live HERE

The town and its residents take care of its own.
Loss of open land
Inappropriate over 55 housing IE: houses too big & over-priced
Taxes
Accessibility to shops (grocers, RX, etc.)
Lack of asserted living facility
Transportation
Taxes
Housing
Noise, traffic + pollution caused by overdevelopment
Too crowded
Traffic
Services for Elderly - very limited
Congestion
Ellington will become too overcrowded
Higher Taxes
Development in town
Price of housing is out of control. Too many condo's
Lack of a facility (rec. +/- health center for seniors)
Loss of open space
Affordable housing
Safety/911/ambulance/fire
Congestion
Elderly services
Taxes too high
Remain a small town, country atmosphere - not too much residential + business growth
CT taxes are too high
Houses getting - way - way - too expensive to stay in town (if we had or wanted to move)
Need buses
Property taxes
Taxes
Too many people
Condo
Excessive traffic
Not enough housing
Tax breaks for elderly
Keeping Ellington a "small-town"
Care for the elderly
Politicians
Maintaining our house + property
Medical care
Affordable Housing
Transportation
Tax Increase!

Senior Transportation
High Fuel Prices
Economic Stability
Too much development on farmland
Increasing taxes related to growth
Development
Services being available
Ability to care for property
Will I be able to pay other town bills such as garbage pick up
Too much development - houses
What type of business will be close by.
losing the "country atmosphere as Ellington grows commercially and residentially
Taxes
Traffic
Housing/taxes going up
Population growth
Insufficient home building of smaller homes.
Overbuilding
Crime/safety
Transportation
Over building
Poor growth decisions for future
Overdevelopment of town
High taxes
Increasing taxes
development - stores
I will probably want to downsize
School taxes increasing
Uncontrolled Growth
Taxes
Available Elderly Housing
Living on a fixed income
The lack of "affordable" housing for 55+
Taxes
Increase traffic
Transportation
Traffic congestion
Traffic Congestion
Town's building up too much - losing the country atmosphere
Population - too much growth.
Taxes are outrageous for what the town has to offer
Lack of recreation area
Transportation
Growth - overcrowding



Will I be able to get transportation if I am unable to drive at some point?
Build affordable housing
Zoning issues / commercialization
Slowing rate of residential development
Losing the open farmland
That I won't be able to drive.
Increase in non tax paying residents
Taxes
The over population of the schools - we have a 1 year old
Whether my children will live near enough that they can assist me if needed
Out of control growth
Taxes
Preserve rural quality
Affordability
Increase in Vehicle taxes
Growth of town
Taxes
Population growing due to less farmland and more homes, etc.
Location of children - presently out of state
Housing cost
Commercial build up
Becoming too commercial
Un-affordable
Services
Road not paved
Being able to maintain property
Paying for new schools/roads/etc. meant for younger families only
Will it still be country
Public safety
Traffic congestion
Taxes
Plan of growth
Growth of town too great
Loss of farmland
Family nearby
Very few two bedroom apartments
Expenses, tax
Tax increases
Increased crime
Cost of living here - taxes
Elderly services
Taxes
Access to stores
Not being able to stay in my present home because taxes are constantly rising

Affordable housing
Growing bigger
Too much development in housing
Senior activities
Taxes - (already increased much in 7 years)
Taxes
Location of services
Keeping property fixed + not falling apart
Town growing too big
Being able to maintain my independence
The amount of medicate care
Distance from stores
Familiar with the area
Overcrowding
Transportation
Physical accessibility
Land preservation
Traffic on Rt. 83
We won't be able to afford to stay in our home that we have living in here for 31 years.
High taxes
Proximity to medical care
Loss of suburban - rural life-style
Senior services
Dirty politics
State taxes/cost of living
Transportation
Education
Affordable housing for seniors
Lack of investment in schools and school programs like sports.
Transportation in event I can not drive.
Being able to walk safely in the center of town.
Schooling for my children
Higher insurance premiums
Loss of farmland & open spaces
Transportation
Over development
Too many large dollar homes - need affordable housing
The housing boom
Population increase -> safety of the area
No affordable housing
Traffic/congestion w/developments
Being able to afford the taxes
Traffic & congestion

Taxes increasing
\$ assistance for condos (based on income)
Too many houses and buildings going up
Taxes for schools to support these houses
All the increase residential growth
Availability of affordable small housing (1500-2000 sq ft. homes)
Lack of an industrial base to keep taxes from rising
Taxes are too high...too much residential growth, too little business
Recreation opportunities
Crowding by developers
Not enough farms
Too much housing development
Decreasing quality of school system
Too much growth
Lack of services.
Affordable housing
Elderly assistance (e.g. rides leaf pick-up, etc.)
School system suffering (currently happening)
Cold weather
Lack of center of town services + commercial businesses
Loss of services
Extra fees for services curtailed
Lack of professional town planners
Cost of living
With insurance in mind - survival on fixed income
Taxes
Access to healthcare
Town will lose its "small town" character
Access to medical care
Property taxes (as a result of uncontrolled growth; necessitating school expansion)
Too much residential housing going up
Transportation
Building of too many homes
Over spending
Handicap and disable accepting
Housing
Increase of taxes
Affordable Sr. housing
Disappearing farmlands
Could I afford to live here when I'm old?
Upscale condominiums, traffic
Paying rising real estate taxes
No new businesses coming into town
Taxes

Traffic
Residential development
Decreased farmland
Traffic
affordability
Overcrowded schools
Increased building
Lack of elder services
Taxes
Distance to grocery store
Urban sprawl
Rising taxes
Getting to crowded
Too commercial appearance
Cost of fixing house problems
The town will need to be fiscally responsible
Taxes!
Proximity to shopping for groceries
Tax increases
Taxes
Cost of living
traffic
Access to care
Lack of transportation
Services (transportation, social activities)
Curb spending, ie raises for town employees every year
The town does not have a clear future vision
Lack of paid fire department
Local medical response
Close to the stores, Dr. offices + mall
No housing or provisions (tax) for lower income
Free space
Too many houses --too small of lot size
Over growth
Elderly bus - shopping, Dr. appts, etc.
Escalating taxes
Health care services - locally
Cost of housing
Proximity to the better hospitals
Giving the seniors a big tax break so they can afford to stay in town.
Too much population growth + congestion
Don't let it get like Vernon
High volume of traffic
Too few cultural activities.

Bus service
Town becoming too commercialized
Property Taxes
Shopping
Community gathering places (lack of)
Lack of respect or consideration for elderly people
The charm of Ellington will be gone with the farms and open land
We need a new one! A big one! My parents are very active in their senior center in Enfield - it's a beautiful facility and the seniors are very active there. It's busy all the time!
Influx of apartment complexes/business/housing
Proximity to family
Taxes
In town medical facilities
Housing too expensive
Frankly, I prefer a warmer climate
Senior shuttle service
Transportation
Too many businesses
Commercial expansion
Rising cost of living for disabled
Town will be too built up
Public safety concerns
Town Growth
Tax Increase!!
Senior Assisted Housing
Accessibility
Progressive Goods and Services
Taxes
Will Ellington have social services or the senior center for help
Allowing chain grocery/food chain (exp. - big Y/McD's or Burger King)
Shopping
Teachers
Losing all the open space
Reduction in farmland
Loss of country surroundings
Taxes
Roads
Loss of "country" setting
Need master town plan
Loss of "country charm"
Over - crowding
Transportation to Doctors + Hospital Appt.
Higher taxes

School quality
Population, stores increasing rapidly
Loss of farming
Traffic is terrible with the new developments
Taxes
Congestion of roads
Will I be able to get help to care for my home and property as I age
Having town services easily available
Traffic
Over/uncontrolled undesirable development
Availability of assistance to come to the house if I can no longer take care of myself.
Senior services
Transportation
Make changes in zoning regulation.
Transportation
Taxes
Lack of funding for open space (such as Tolland)
Congestion big Y, 50K cars/day
Health + proximity to health facilities
Affordability
Paying for garbage/trash receptacles and such, which should be already included in the high cost of taxes we already pay. D. cut the salary of some of the town officials who do nothing but put their selves on a pedestal and ignore what the people [<-not sure about word] really want.
Recreation programs
Losing the rural beauty/community feel
Taxes
Unaffordable
Traffic
Senior services
Children will probably move away, want to be near them
High taxes making it unaffordable to stay
Taxes
Medical needs
It seems as budgets are made & passed not enough attention is paid to making seniors lives more comfortable. IE: More housing, (should I say affordable housing) lower taxes Etc.
Elderly benefits
No public transportation
Losing Ellington's farm community culture
Documentation Help
"snow"
Access to stores to meet my needs that are affordable
The senior programs that are available
Transportation
Affordability
Growing too big

Healthful activities for seniors
Medical/insurance costs.
Taxes are too high
Things to do
Types of housing for seniors -ie. Apt/elderly apartment/condo
Taxes
Being able to live in a condo-Apt. w/ my dog.
Public safety
Increased taxes
Taxes
The weather citizens "looking down on" the older, less-fortunate individuals
No affordable elderly housing
Being able to afford the taxes
Taxes (with no major industries)
Class rooms overcrowded
Services to the elderly
As town grows the current road system cannot handle the traffic.
High traffic
Not enough cows
Help with household chores if I need help
School scores go down + property values go down
Growth of town
Overcrowding
Programs for the elderly
Services
Solid youth programming + good educational system
Safety
Not enough commercial development to help defray taxes
Senior activities
Security
Taxes
Making sure kids have good schools
Long distance to major grocery chain
Building
Taxes
Growth taking off faster than we can afford
Road safety
High taxes!!!
Cutting of youth/recreational services
Losing farm land
Cost of goods/services
Noise
Too much construction allowed (development) encroaching on open space, wetlands, wildlife, etc.
Can't afford taxes

Eminent domain regulation
Taxes!
Too much building
Cost of living expenses
Board of ed. Is draining our bank accounts
We seem to replace employees with the same or greater salaries
Too many self-interest groups
In home service
Easy access to highway
The McMansions are taking all the water from homes, already established generations ago
country setting
Turning into a "Glastonbury" but without the class
Increasing taxes



Appendix L  
What services would you like to have or could you use in  
the future? (Boomer Survey Question)

Senior Companion
Housekeeping
More activities for Senior
Community center
Elderly services program/dept
Outreach to the seniors
Rides for seniors - in S. Windsor
I wish I could get him in a retirement apartment based on low income (he's my brother)
Mom needs financial planner and MOTIVATOR to sell her antiques and house and move to somewhere more manageable and safer. She is currently living in 250 yr. old house she cannot afford to repair or keep-up.
Low income housing for elderly + handicapped
Transportation to store - Bank - Hardware
My brother has used the services and was very pleased.
Assistance w/lawn, driveway
All of the services listed in question 40 would be helpful!
Tax reduction for seniors.
Meals on Wheels
Financial
An assisted living facility!
Transportation to out of town doctor appointments (Manchester, Hartford, Bloomfield)
A broader route for the senior van
Shopping van service
Dial-a-Ride for shopping, Doc. etc. housekeeping + lawn
reliable transportation to Dr.'s appointments
Expanded transportation services for seniors
Physical therapy - how to maintain strength
Meals on Wheels
Extended family shares responsibilities
Visiting nurse
Homemaking
A check in service when I'm gone overnight. (someone to check up once a day on my family member)
Need affordable home health aide services
Counseling for caregivers
An elderly outreach program which would provide day trips for seniors and such activities locally to give the elderly something interesting to do.
Homemaker
Dial-a-Ride someone do small shopping trips
Banking access/availability @ "senior center" as well as access to groceries + sundries
HHA (home health aide) on as needed basis...

Transportation
Dial-a -Ride for doctor + groceries
Senior center
Chinese speaking health care aide.
Shopping assistance - rides
Informational workshop for children of Alzheimer's - what to do first in taking care of this relative both medically and financially, etc.
Senior Center van
Meal preparation
More transportation for them
Thriving library
Friendly visitor program.
I go & bring him groceries/pay for his car repairs. He's 54 yrs. Old employed on and off never feels well from 5 heart bypasses and 2 carotid artery surgeries.
+ also for those who have handicapped income slightly higher than considered low income.
My disabled girlfriend has tried to use the services and has been very displeased.
I want to continue living in my home, but we have a very steep yard + driveway. They're difficult to care for even when I'm in good health. We tried to hire someone to mow, but they don't want to do it. Perhaps you could have a service (for hire).
Dial-a-ride available locally for evenings, too.
Doctors shuttle service
How to work on aches/pains
Dial-a-Ride
Senior companion
My friend could use food donated to him
Transportation to + from "senior center" + meals on wheels.
Senior companion
Senior activities
Housekeeping + yard work
Social services - liaison to programs that assist seniors
Chinese cultural entertainment.
Physician assistance-rides
Dial-a-Ride
Time off. All of the above are extremely helpful when caring for someone with terminal illness.
Thriving arts: for these 3 take \$ from school administrative expenditures, not teachers or kids programs + supplies.
I suppose I wish I could get a dr. to state that he really can't work full time so that he could get some sort of disability check so I wouldn't have to worry about him.
It seems we should have more assistance; Financial and legal advice for paralyzed individuals, she felt helpless on many occasions - not understanding what her benefits are, with medical/Medicare/Medicaid help.
Homemaker services
Eve. Dialysis in Vernon is much preferable to AM or afternoon, in terms of staff.
Homemaker services
Grocery stores could deliver to handicap
Senior housing

Appendix M  
What additional services do you think Ellington should  
offer to older adults? (Boomer Survey Question)

Intergenerational workshops discussing future living arrangements and the need to make these changes due to safety of the elderly
Homesteading (taxes) on existing homes (like FL)
Transportation
Socialization
More social services
Mental health service
List of stores, professionals + contractors that provide senior discounts
More services
Evening Bridge classes
Bookmobile
Transportation
I don't know what they offer now so I can't honestly answer this question
Rental assistance (or elderly apartments) for those on a fixed income (my mother)
Transportation/shuttle
I don't want increasing taxes for services that are under-utilized. Instead, support strong communities to care for each other, provide place to meet.
Employees who are Knowledgeable of the older adults employed by town
Since my parents live out of state yet visit here + may have to stay here for a month or so it would be nice if they could pay daily + participate in senior programs.
Affordable Living Community
Shuttle bus
Transportation to places of worship - Sun AM
Housing/transportation/activities
Transportation
Transportation
Do they currently have a van or transportation service?
Grocery deliveries
Mini Bus
Transportation
A volunteer connection with the schools to bring people young and old together
Employment.
Handicap apartments
Bigger additional housing
Transportation for groceries, doctors, etc.
More low income housing for elderly or handicapped
Open the library on Saturdays - it's a community center and a place to cool off on a hot summer day
Heating assistance
Ok as it is for now
Sporting activities for adults

Better programs for widowed seniors
An ice cream delivery service
Community living
Wheelchair on van to MD offices, rehab areas, hospitals
Activities
Housing
Honestly, the seniors I have spoke to that are involved with the center love it.
Cultural
Transportation to libraries, stores, doctor appts.
Free income tax preparation for those over 65
Tax breaks
Don't know
Classes
Swimming pool indoor
Not sure what is offered now
Over 55 neighborhoods.
Lower taxes
Sidewalks
Ride program
Tax break
Less taxes
Safe walking / biking areas
Park with walking trails allowing dogs on leashes
Leaf pick-up with a vacuum service
Entertainment from local / civic organizations.
Walking + biking trails
Senior center
Safe housing for couples and singles
Some kind of system for contacting frail elderly daily by telephone - I don't know if this is presently in place!
Health Insurance Counseling
More new senior housing
DOG PARK!! - great way to meet people
Not sure at this time
The only services that effect everyone are voluntary, ambulance - fire - and I might add run very well
Tax breaks
Health + exercising center
More intergenerational activities
Transportation
Full service cardio workout center
Education
Family + friends + your church community should fulfill older adult needs - not town government.
Growth & Progress is good
Transportation to area malls

More health clinics
More trips
More help for the elderly
I have noticed that many of our older adults shop in a small store like Ellington supermarket because they can get what they need without having to walk a great distance to get basics like milk, meat, and eggs. Stores like the Stop and Shop, big Y are too big.
Transportation
Bicycle paths
A community center
More financial services
meetings
Financial help - help with answering financial problems
I'm not really old enough to know yet
Phone call center calls to check on them
Visiting nurse care
Tax breaks
A comfortable gathering place - indoor + outdoor facilities
I don't utilize services for the elderly. It appears as though Ellington has an excellent senior center and director, Erin Graziani. Everything that I have read indicates that Ellington offers a wide range of activities and services for the elderly.
Community garden
Community swimming pool
Affordable options included in this survey
Tax relief
Discounted services - example - snow plow/shoveling/grass cutting/leaf raking
Let people know the services available for "in home" care so they can stay independent as long as possible
Because I'm 51, still working & very active, I haven't used any of the resources offered to seniors other than Yoga at Parks & Rec.; but I have an 8 year old son & would like to live here until he finishes high school.
Like to see them more involved with town youth both would benefit
More activities
Teens teaching seniors computer skills and giving the teens credits (school) for doing this
I feel there are already far too many services offered, and that some of these should be eliminated
Opportunities to volunteer their career skills to help others
A new senior center in a safer location
Financial aide for home improvement
Transportation (besides vans) for a fee -> less than taxis
Freeze taxes
Living, food, handicap care
More affordable housing
More paved trails for biking or walking
Community Center with travel tips
Tax prep + advice
Money could be better spent on our school system which is at the bottom of the spending per pupil. "Good" teachers were laid off as class room sizes expanded.

Better recreation opportunities
Sr. activities - sports - golf league, bowling, etc
Vans or busing to the food stores & advertise properly so the elderly would know it was available
Assist community organizations to develop and grow, by allowing them to post notices, have meeting space, join a community services council
Public transportation
Tax breaks = w/fair balance
Someone to check in on older people
Community center
Special funds for volunteer who are willing to cook meals or help with transportation
Not familiar with existing services to make this call
Support groups
services for homebound seniors very important
Better garbage service
Supplemental house keeping program
A safe walking trail
Meals on wheels
Good at present
M=Movie theater
Public transportation (ie - trolley for Ellington/crystal lake only) other than senior van.
Transportation daily to dr. appts, shopping, etc.
Transportation
Transportation
Lower taxes
Bus service
Home care services at reasonable rates like lawn care, snow removal, grocery delivery services as needed
Transportation and local event info with other town senior centers to broaden the spectrum and opportunities.
Bus service
Lower taxes for the elderly
Cheaper costs to fix up homes
Transportation
Travel
Health clinics/screenings
Transportation - such as dial a ride
Increase senior housing
Senior community village eg. Berry patch (S. Windsor)
Captains class/boating
Transportation
Senior discounts everywhere (or certain radius)
Suitable housing
Meals delivered
Home maintenance at low cost + based on ability to pay for items like snowplowing, lawn cutting, window washing+ interior cleaning

A senior center
Lunches at senior center
Meal delivery - in conjunction with state program
Grants to obtain improved services for older adults and protected from budget cuts
Additional support staff for elder services
Service center
Visiting nurse
Do they travel or have planned trips?
With vocal support from the town
Handicap assistance
More trips (not to casinos)
Tax relief
+55 housing for those with slightly above low income
Freeze taxes at age 65
Multiple community gardens
A way to connect young adults & businesses to all the experiences and knowledge seniors have to offer
Pet therapy
Routine mailings of available services (quarterly or bi-annually)
Dinners - meals on wheels (idea)
Extra tax relief
Trips for seniors
Free access to Crystal Lake
Groups that meet w/common interests - knitting, quilting
Partnership with EHS students - more young people interaction
Help finding people who do minor repairs paid, or not paid.
Mentor programs - adopt a 'grandparent'
Transportation
Shopping service (peapod) for those who can't get out
Companion locator services
More handicap accessible buildings and parking
Make it easier to work with town govt. for the completion of sensible projects (trails)
All other services we pay for either in our taxes or additional charges such as trash pick-up
Expand senior housing
Walk-in clinic
Free senior taxes & sport & school plays
Break on -taxes
Encourage people to attend + build spiritual friendships + bonds
Activities for seniors
Assistance with food shopping, (pharmacy), local appointments such as having a companion for 1-2 hours a week.
More ways to go shopping etc for people who don't drive
Easy access to get information or services for the elderly
Shaw's make it difficult for people to go in and get a few things. It exhausts them because the

stores are so big and spread out.
Meals on wheels
Transportation
More education in regards to insurances, investments etc.
Information on everything
Help with insurance problems
Transportation to doctors
Handy man services
Over 55 living
1. A moratorium on building developments! These developments are filled with McMansions, .5 million dollar homes and up. Many of these people that buy these homes are transient and move within 4-5 years. Meanwhile, bigger schools are needed.
Small trips/tours
community sports facility
Affordable trustworthy contractor to help maintain house/yard. Also, how to protect the assets we have worked so hard for. If it is legal, why not help (Eldercare attorney?)
Heating and power assistance
Especially for seniors that can't afford the planned adult community - or who want to remain in homes longer
Have to pay for my own health insurance, etc. I'm sure I'll be looking into available senior resources at this time
Contractors giving seniors \$discounts for fixing things (faucets, toilets, painting...)
Social opportunities to avoid isolation
Financial aid for tax relief
Referral services for heavy work, repairs, possibly people who need work
Trips for wheelchair bound
On site recreation facility
I feel the town has not increased its response to the needs of our students in a timely fashion - some children in this town have had to attend a school under construction every year of their school careers. With all the new building of very...
Priorities...do our children really come first? The community center would service just a select few and most likely go unused
Restaurants (not fast food type)
Commuter/ ride share service
Community service - tax breaks; you help us we help you
To help elderly people in need
Educational programs for the aging
Visitation of homebound.
Bell road service
Supplemented lawn/garden help - to promote keeping your home longer
Community involvement
Social contacts
Transportation
Community center
More reasonable priced trips
Reduced prop tax



Additional 55+ independent housing. Look at Long Meadow's Glen Meadow on Tabor crossing road
Local visiting nurses
Home visiting
Town only bus services - hospitals, banks, etc. With many pick-up spots.
Taxi service
Senior newsletter
Senior center available to seniors, not every other community organization, therefore canceling previously scheduled programs.
Walk in medical clinics
Handicap accessible everything
More help with medical issues
Carefully chosen open space / bike + hike trails.
Financial assistance + Tax breaks
The services offered by the town seem ample
Affordable housing
On-site medical care, ie: podiatry, general health, hair salon, church services.
Health care services nearby
A way for older adults who want to work to find part - time or full - time employment. Companies are no longer loyal to their employers and many people face lay offs while in their fifties.
Hi-tech hot line help with new electronic gadgets computers.
Only lawyers and developers with \$\$ get what they want.
Food bank
Tax relief?
Continue music feast.
More elderly housing
Entertainment
Helping older adults with any questions.
Transportation to shopping
Reasonable priced trips
Nursing home
What happens when these people move? More schools/bigger schools, renovations equals much higher taxes. How are seniors/elderly going to be able to maintain their lifestyle and remain in Ellington. They are on a fixed income! More seniors are...
Classes/cooking/art/education
List of teenagers who could help with simple maintenance. Note: my son helps my mom one day/week and the simplest things are unbelievably appreciated - she can't do it all!!
Transportation twice a week. Senior relief assistance program
A - hot line for widowed or couples if need help - from community - ex. Flooded basement
Perhaps health screenings
Cultural arts program restored
...expensive homes the schools will be overcrowding again very soon. Build a new middle school! We also need more affordable housing so the town has a population of diversity- including elderly, people of color+ new immigrants and working class...
Increase the sailing opportunities on crystal lake. Teach every person in town to read, and swim and perform CPR. Increase bike paths. Ellington is very popular for cyclists.

Help w/organization etc. (to help prevent hoarding etc.). Could be volunteer programs for scouts/teens young adults garden club etc.
Employment opportunities
Nice elder housing
Meals on wheels for those in need
Entertainments exclusively for seniors.
(Volunteer) home care

Appendix N  
What would make Ellington a more functional and  
supportive place to live in as you grow older? (Boomer  
Survey Question)

Adult or Senior care facility in the Crystal Lake end of town
Outlet shopping
A bigger senior center
More activities within an area that can be walked to
More activities for ACTIVE older adults (55+)
Senior bus system or rideshare
Obtain "inputs" from seniors on a regular bases
A van system that takes elderly to the market, mall etc. once a week or so
Community involvement
Affordability
Build nice small senior apts as in E. Granby CT
A new interstate highway running east + west across the northern part of the state. At least from I91 to I84!
Entertainment
N/A have not lived here long enough to determine
Lower, not raise taxes
Transportation
More things for senior
Can't think of anything
Lower population growth
Affordable over – 55+ housing
Advice for retirement planning
Affordable housing for retirees
More money going towards education
More attention to the needs of the elderly
Good public transportation
More senior services
Senior van rides to shopping/med appointments
Resources available for elderly (money)/Stop cutting Elderly Services/Programs in Annual budget
Town Planning - NOW!!
Force development along Rt 83 to resemble Avon and other communities where zoning requires attractive buildings vs. flat roofed businesses. (Ex. Town fair tire store in Avon/Canton looks great vs. the one in Vernon.)
Lower taxes
Town services
Housing for 55 + older
Active Senior Center/ Volunteer Activities
More senior services
Improve roads
Stable tax base

Sidewalks
More senior activities
Bus/transportation service
Don't raise my taxes.
Work on taxes being lower.
More Social events
Invite and encourage more industry to help with taxes
Not sure. Ask me again in 5-10 years.
Stop building houses
Bring more businesses to town to lower the taxes
Larger Senior Center
More attention to resources i.e.: Crystal Lake
Employment for Elderly
Same as what I said on back
More Senior activities
Lower Taxes
Better transportation, Bus, etc.
Stronger Business Base - Rt 83
Less taxes
Transportation
Better Hospitals nearby (Rockville is terrible)
Municipal Broad Band (Increases town Rev., Security and provides the opp for new affordable services to be created.)
Dairy farm that makes it's own ice cream
Sidewalks
Good health services
Continue services offered
Continue with the senior center and services
A fitness/sports center
Great schools!
Business coming to area
Hard to say... I am not thinking about retiring for about 10 yrs - difficult to say where I will be at that time.
Housing
Affordable Senior Housing
Less Housing developments
More walking/bike paths
Safe sidewalks + bike paths
More lower income apartments
Help w/home chores
Reliable, convenient transportation, especially to medical specialists in other towns
More industry to help with taxes
Balance between growth and land
Lower taxes
Teen center

Indoor pool
Balanced tax base
More town news
Transportation
More available housing for those of us who are not seniors yet but will be in 10 years
Less town government
Stabilize taxes
The town should have a plan to stabilize the town's infrastructure by setting aside funds in anticipation of fire, police, and ambulance need.
Less housing growth
Lower taxes
Need additional commercial development to support tax base
Less building up of town
Community trails
Transportation help if needed to doctors shopping
Additional transportation for the elderly
Better services - youth center, community center
Affordable taxes
Easy biking + walking trails
Tax break for seniors
Transportation for elderly people
A listing of services for people needing help with their own homes (ie. Gardens, lawns, snow removal, etc.)
The support and friendship of the community
Available transportation for those who can't drive
Daycare/nursing facility
Better, regular newsletter
Sidewalks
Town needs to be more upscale commercially
Continue to enhance the services of the Senior Center
Better roads
Town planning that would benefit all citizens. (perhaps establish a design review committee)
Sidewalks on walking paths
More business
More open space keep Ellington rural please
Town swimming pool
Lower taxes
Affordable housing close to center of town
Indoor community pool
Bigger tax base - more quiet industry to town
More health care
More available transportation - family to (family contact neighbor)
Free adult education classes
More residents attend churches + church functions
Encourage Private Enterprise to build

Senior Citizen services
More sidewalks
Adult Community living (not apartments)
Public transportation
Tax break for the elderly
Public transportation
Ellington needs to be sure health services like Rockville general are available and not closed with services sent to Manchester.
Transportation
Teen center/community center
Continue to be affordable
Less taxes
Transportation
More affordable senior housing instead of 1200 a month apartments!
Affordable housing
Sidewalks in all neighborhoods a large, actual Sr. center
2 lone roads
Maintain the country atmosphere
A good senior activity center
Slow down the cars people are speeding everywhere
Continuation of current programs
I don't know
Adult housing
Property tax freeze for seniors
Tax benefits for elderly home owner
Senior homes
Department Stores
Stores & Retail
New housing seems to be very expensive
Curb on town spending - got to get taxes under control
More businesses
Cost of living
Continued + increased services for the elderly
I think a police dept. with more staff maybe better communication between them + residents.
Affordable housing when retired
Physical activities for seniors
Reduce taxes!
A network of friends that can help each other
Adult housing
Control spending by making long term improvements
Affordable senior housing
Transportation to out of town shopping...worried about getting around if I can no longer drive
Good schools so I can raise my children here
A swimming pool (Indoor) (been saying this for years!!)

More teen activities
Realistic town planning maintaining the rural character and integrity of the town
Affordable housing/elderly
Lower taxes
More activities in town
Van transportation (as needed)
Community transportation
Public transportation
Lower taxes
Community swimming pool
Lower taxes
Reserve open spaces/woods for parks
More publications or newsletter
More affordable taxes
Decrease residential growth
Dial-a-ride
A community center (similar to one in Mansfield)
Lower taxes. A dog park
Making use of high school facilities to general populous for continuing ed, social activities, and healthy exercise activities
Better assistance for handicap/disabled persons
Affordable senior housing
Fewer people
Less taxes
Designated off road bicycling trail
Moratorium on home building
Centralized services - such as healthcare center + grocery shopping
Lower taxes
Senior center (exists)
More convenient services i.e., bus routes
More businesses to support tax base
Nature path
Keeping it rural and less developed
More concentrated services in center of town
Building moratorium
Active Sr. communities
Greater emphasis on professional development planning
Better government
At this time I have no idea what I will require as I get older - I have not ever been very ill - so with that being said - I probably will be getting very sick as I get older so the most important issue would be to have good health care services...
Pool + side walks - make elderly housing have access to pharmacy + grocery for walking + biking.
More convenience i.e., shopping
Curb tax increases
Affordable housing

Youth activities programs
Planned upscale residential amenities for 55+ over
Greater business tax revenue
Affordable housing
Community pool > why pay other towns or the expensive country club for our kids to go swimming
Retail shopping
Lower taxes
Affordable housing for low income + disabled
More activities for the aging adults
Lower taxes
Better transportation
Less rain more sun
Public transportation vital for seniors who cannot drive
A quality fully functioning community center with broad services
Increased open space/nature areas for wildlife + humans to co-exist peacefully as well as keeping farms intact and producing locally available produce/milk - ice cream/ + plants
Less single family homes on little acreage
Fine now
Bike trail
Better town services - leaf pick-up
Lower taxes
A community center. For youth/seniors
More street lights on Rt. "140"
Stop building homes, apartments
Hadn't thought about it but lower taxes
Better awareness by town
Having small helpful supermarkets like Ellington supermarket
Lower taxes
News letter listing local events
Walking trail or path (or biking)
Local general doctors
No more building
Help with snow, yard work, housework + taxes
We need to keep the small town feeling...Christmas parade excellent
Lower taxes
Accessibility to shopping and services
Economic development to lesson the tax burden on residents
Less sprawl development of "downtown" village district
Lower taxes
More businesses just not large superstores
More public transportation
Access
Affordable shopping
Youth center



Stop bickering over progress + start working together
Long term planning & zoning study - keep residential & commercial separate
Maintain services
Senior community village
Food store - full service
Tax cap for older people regardless of income
Cap on senior citizen's taxes
Good transportation - (buses, etc.) good schedule
No opinion- can't see that far ahead right now
Elderly tax break
Senior tax breaks
Cluster housing for Active Seniors w/ pool/clubhouse
Housing (affordable)
Better transportation for seniors
A new Real estate tax system that would reduce taxes if there are no school age children
Larger building lots/fewer houses
Senior day care
Better control over spending
Cultural Arts activities; i.e.,: Art, cooking
Center for those who are retired
Less houses being built.
Assistance with housing
Good library services
Lower taxes for seniors
Integrated communities - not gated segregated communities
Improved/functional Senior Center
A new senior center with a health club + pool
Affordable Housing
Increased medical services
More trips
Continue community services such as Senior Center, Library, Recreation Dept + Arts Council
Special Discounts for Seniors = living in Ellington - not just their age!
Limit # of residential homes/condos to town to cut need for more schools, etc.
More town recreations
For the town to support the education in this town.
Medical assistance
Farm Support - Don't want to loose them!
More volunteers
A cultural village
Less homes being built
Local bus service to stores, etc.
Activities
More senior/affordable housing
Educational programs, i.e. financial, medical

Community Center W/Indoor pool/gym
Shopping
Community Services for the elderly
Community bus for those over 62
Hire a town manager
More money for police + fire protection
Exercise facility w/pool
Less homes as schools can not support them
Swimming pool
Concerts in the park
Greater access to town officials
Housing
higher quality - caring town officials
Utility bills + heating costs escalating
Town needs to purchase land (set it aside) to keep development under some kind of control
More of a rural setting
Sidewalks
Lower tax rate for retired seniors
Control zoning - more attractive businesses - no eyesores like Lees Auto
Available services - home care, VNA, senior center, etc...
Reasonable housing condos or a small group of (modest) homes
Community programs
Activities for elderly people
Developing city water in more areas of town - in our area of town, the water needs to be treated Due to high iron content...if you have a water system in your house this involves work
Transportation to and from
Ways to meet people
Transportation
Town needs to address traffic problems ASAP!
Control Rent in the apartment and housing complexes
More services
Keep up the tours and lunches. I see in J.I. (Paper)
Park that allows pets
Agency offering nurse, health aid, homemaker services, etc.
Exercise center for seniors
Bigger tax base
More restaurants
Classes, activities on safety at home alone! At no cost! (Free life line) most older people can't afford this.
Offer more volunteer services
Community farmers market expansion
Facilities (entertainment, etc.) for elderly + children
Activities available
Transportation to town businesses

Availability of services to crystal lake residents
Taxes kept low enough so we can afford to live here
A lower tax rate - grow business
Pool
Additional community services
A broader route for the senior van
More help to unemployed
Recreation Dept.
Noise laws ineffective
Low cost yard help
Senior shuttle
Lower tax rate
Fitness Center
Condos for average income
Accessibility
Transportation available
Social activities for seniors
Affordability
Assisted Living facilities
Make adequate capital expenditures to consider all future needs now
Tax relief for seniors
Affordable shopping nearby
Maintain open space and rural nature
More of a downtown atmosphere - I don't mean the strip malls like the stupid big -Y stop and shop etc. (small grocery store - pharmacy - library - church - gym) (like we used to have in Ellington)
Social activities for seniors
More police patrol (HS area)
Affordable Elderly housing
Smaller town government
Community skating rink
Maintain standards for new construction (lot sizes, etc.)
Better growth planning
Local police service (at that point it maybe needed w/increased population)
Activities that include people of all ages
More snow
Less taxes
Running trail
To get every tax payer to vote on budget elections
Condos, over 55 housing
Assistance for elderly (E.G. maintaining primary residence)
Would like to see Ellington more in the direction of Glastonbury, not Manchester or Vernon.
More financial responsibility on the part of our town gov.
Lower taxes
A true finance board not a dictator

Available - streamlined access for the elderly
Transportation
Community Center
Like the new development in SW off Sullivan Ave (Strawberry Field)
Public transportation
More detailed look into town spending. -lots of room for improvement
Fitness center
Park that allows dogs to run (with restrictions)
Programs that involve youths & seniors
Better elder facilities, apartments etc.
Condos. Fix the ignorant zoning commission
Larger, more efficient post office
More transportation for seniors
Home aids
Sidewalks on main corridor
Nice elderly housing
Officials to properly project and assess growth
Larger senior facility
Save farmland
How about more family type activities to bring community together. Advertise them well!
Development of town center where neighbors shop, walk, etc. (i.e., W. Hartford)
Elimination of the "petty politics"
Independence
Affordable public transportation
Small business
Keep "big box" development in Vernon
Trips to local restaurant + movie + store
Medical services - x ray, med lab
Meals at reduced price (WIC for adults)
Assistance as needed - part time in home help
Facility with a pool
Cafeteria for seniors only
Tax break for seniors
Frozen taxes
A new larger senior center building
Club atmosphere; music/dancing
Control home sizes, too large.
Seniors volunteering with kids & kids volunteering with seniors
Knowledgeable town employees familiar with applying for and obtaining grant money for services
Concerning additional businesses...the town is growing too fast. We like it the way it is.
A large area to walk/jog around - a park with paths for walking + biking
Senior over 55 housing
"Volunteer group" - help shop, clean, visit, walk, going to park.
Older people cannot make Ellington thrive alone. We need each other

Lower taxes for elderly
Would love the Farmers Market to keep going!
Readjust direction of school system
Lower taxes
Creating a network for the elderly
Why not generate a general community center (i.e., YMCA/YWCA type) for all ages
Affordable, pleasant housing
Increased Industry supporting/ed by residents!
Encourage small private home development. Kill the Rt. 83 corridor plans
Enforcement of traffic laws
Place to gather + classes
I think we have enough developments going on at the moment - how about if we try to preserve what we have left for land and wildlife?
Community functions
Lower taxes
Center
More accountability amongst employees
Maintain the rural atmosphere of Ellington; increase "eye appealing" zoning - Tr. 140 + 83 complex + industrial bldg. are an eye sore. Where are the sidewalks? Where is the landscaping? Santini Bldrs. Does an excellent job. Town should take lessons.
Dog park, walking trails
Limiting residential development to control increase of taxes due to increasing school population.
When not able to drive
Build a dog park - please!
Local Delivery services IE: Grocery, Retail, Library
Town needs to offer more services for children
Control the Continual increase in taxes
Senior van
Tax breaks
Bigger tax base - with no funds - it is not worth trying to answer this question!
Bigger grocery stores
Free activities for adults 65 & older.
Increase police patrols after midnight
Taxes reduced for over 60 year old residents
Affordable housing
Make sure empty store fronts and buildings are used before our open spaces are used up with new buildings + retail space.
Activities for the elderly
More age appropriate activities for younger seniors as well as older.
More communication
Knowing town cares for all residents
Not enough sidewalks - can't walk or ride bike anywhere w/out being in the road
Health care services
Transportation

Community projects/gardening/pet park
Proximity to stores
Things to do - options if I become bored
After capital + future needs are taken care of tie all town pay raises to the passed budget when making union contracts
Town support for senior center & activities
Continue school and town sponsored sports programs to make sure kids play and stay healthy
Civic organizations actively involved with seniors i.e., Scouts, church groups...
Community dining area with affordable meals
Less town services and activities
Evaluate options/correct problem traffic (at difficult intersections)
Strong financial support for the library
More cows
Less taxes
Transportation
Community center for everyone like S. Windsor has
Limits on building (keep Ellington exclusive, not over populated)
More support for the emergency services
Services in crystal lake... book mobile, etc. post office
Safe areas to walk with pet away from traffic.
Access to MD's
Transportation services
Large supermarket in town
Preserve open space
Community center
Cut taxes
Active senior center
Long term vision for growth + development
Health care services @ home
Clinics for health care/Rx + housing cost help (we pay for school + don't use them)
A good community center

## Appendix O Additional Boomer Comments

Children are often looked upon as being cruel by the elderly parent for suggesting other living arrangements. A workshop as mentioned above, may help this transition - for both sides!
Building houses too huge for the average Joe to afford. Stop all the condos! Develop the green area more in the center of town.
Hope some of these ideas become reality. Why not make Ellington the "Senior Capital" east of the river? It would be great for business + good for growth!
I recently moved to Ellington because to quiet, serene, and "farm-like" environment it provided. Shopping, etc. is only a quick drive away.
The mil rate is getting quite ridiculous & I believe the management of the town is ineffective in trying to reduce the tax burden on its residents.
Parents should have to pay more for their children. Fees for sports. Maybe fees for part of their education for their own children. If people can afford these McMansions then they can afford to pay for part of their children's education.
Stop increasing taxes. Teachers & town workers do not need to make so much money.
Stop building such expensive HOMES! More affordable HOMES! Not \$500,000 ONES. This town is getting to be like AVON or SIMSBURY.
Maintain rural atmosphere! More cows/fewer "McMansion" developments
Yes, leave Ellington as is. A community within itself, too much business, and housing!
I would like to see Ellington try to keep as much rural undeveloped landscape as possible and plan necessary development wisely.
Supporting strong families also helps older adults
It is disgusting that the only focus in this town is on youth. Anything beyond that is cut and slashed when budget cuts are made, including the already meager senior budget and cultural arts.
My parents and siblings live in Ellington because of its country character. Should it continue to grow as it is now, we will not live here in our retirement years.
Services that will assist older adults to get from place to place. Why do they have to wait until they're disabled before receiving assistance?
Ellington has been a nice town to live in for many years and a lot is changing and being developed way too much.
I'd like Ellington to stay a small farm town. When we allow developers to plow down orchards to put in a crop of McMansion's (very expensive houses) and condo's too numerous to count, we will become a suburb of Manchester.
Let's return some of beauty - limit new housing developments and impose larger lot limits 2 acres
I'd like an Ellington police force. I'd like street lights on my road. I think we could pay for these items by putting a freeze on the nice big salaries in the education/schools/administration in Ellington. I'm shocked at how high they are paid.
I love living in Ellington. It's too bad every time there is a budget meeting that the schools + elderly always get hurt!
I'm not yet a senior but am disabled at 44. As I get older affordable living is my main concern.
Act as one town to solve issues instead of pitting one service or department against one another. It certainly does not make for a harmonious feeling of kindness and caring.
Handicap transportation
Do not build more houses. No more large chain grocery stores.
We moved to Ellington 16 years ago because of its great schools, and great sense of community. While change and growth are inevitable it would be a shame to see Ellington developed to the point where the neighborly feel is lost.

This is a great town. I hope we can keep its country feeling.
Becoming a senior citizen is not just about growing old. It's about growing older with integrity. It's about being able to pass on a legacy, children or not, that let's that person know their life made a difference to the next generation.
I believe Ellington should increase its social services staff to give more attention to those who really need it.
When my mother (83 yrs in 2001) was a new resident, she contacted senior services and received prompt adequate response. She did utilize the social environment, which was very important to her.
I have lived in Ellington for 24 years. We have raised 4 children who all attended the Ellington school system. Ellington is a great town for raising children. We will probable move out of Ellington to downsize our home + for new adventures.
Enough about older adults what about kids, + teens
Confused about the drawing and how I would be eligible. Thanks for asking my opinion
I love my house and do not want to leave because of something like I can't mow a lawn.
Since we are relatively young and in good health it is difficult to foresee what services we may require.
A nice community center for teens and older adults with a nice indoor pool
I don't think property tax can support the school & town for much longer.
Master Plan. No more large house building. Keep small town community.
Town dollars need to be spent wisely taxes need to be controlled
Would like to see lights on the track at high school so you can walk when dark
"Anticipating" the towns need, putting money aside would prevent major tax increase as various departments become in need of equipment & or staff
Keep Ellington rural - stop the growth of new housing
Turn off the lights at night at Brookside football field and at the town hall (parking lot), at the high school and the gazebo, we will save a bundle!
There needs to be a light(s) put up at the 5-way intersection in town. It can be done; Maryland has many and they work wonderfully. With Stop + shop and Big Y going in - maybe Ellington Supermarket could be turned into a "Wild Oats" health food store. That would be a healthy improvement to this town.
Help for pet care if person is ill or hospitalized.
I would like to see a plan for controlled development with guidelines that keep development more 'country' like vs. sprawling, disconnected development i.e. Vernon Circle. Sedona Az is an excellent example of controlled development. Buildings, sidewalks, lightings and landscaping all have to adhere to certain design guidelines to fit into the surrounding natural environment.
It is very distressing to see these huge, elaborate, expensive homes being built in the community - what made people come to Ellington, but for its rural setting which is being lost quickly. What has happened to modestness. Cost of living is out of reach.
Development of senior housing - similar to Welles country village - to provide a wide range of living arrangements to a cross section of older adults.
The town should participate in maintaining resources, such as Crystal Lake.
I would like to see a grass - roots movement to preserve open space, make trails, such as in Tolland. I personally am not cut out to lead a group, but would participate.
My real concern about continuing to live in Ellington as I grow older is being able to afford the taxes. I love living in this town and would like to continue to live here.
When we don't have enough money to make a month we budget accordingly - living out the frills concentrating on the essentials. It would be nice if people who we elect to office would consider doing so also. The egg the "golden goose" is asked to lay is getting rather large to pass.
Making it more affordable for our seniors to afford to live here and checking it out; for real. Just



caring about our seniors.
I still have children in the school system and I do not like the "anti-school system" attitude the older citizens have. There needs to be a better understanding between the generations and a bigger tax break for the seniors so they do not hate the schools. It's a "us vs. them" feeling and that is bad.
Most seniors have been Ellington for at least 50 plus years. What are you providing these supportive residents - besides heftier tax bills - which they can't afford. We don't want to leave but more can't afford to stay. Come up with a plan or benefit if a resident have been here - Ellington more than 40 plus years - reward them not the board of trustees who are all mid age and dictating what everyone should do with their money. When I first moved to Ellington, I never paid taxes on: - Pool/Hot tubs (to open and close initially) -Dog House - Come on people? -Tool Shed -Dog/pets - Garbage pick up -now you want us to buy and pay rent on garbage receptacles - "NO" -New schools when your children are graduated for 20 plus years. -Rethink your priorities people!!
I'm not sure what Ellington has for services for older adults. I not quite there yet. We've lived in town for 18 months + we like it just the way it is. I didn't think there was a need for big y or any large realtors to move in. That's why we love it here. It's not away from places but not too far away.
My wife and I are both 4 generation Ellington residents. Networks of family and friends + the rural closeness of townspeople + trust between residents has been Ellington's strength. Can we keep this trust/friendship + pride in Ellington as it grows?
Growth & Progress is good - Just make sure it's through a controlled thoughtful planning mechanism!
This was a complaint of my elderly mother who had arthritic knees and had to do her own shopping at times. She said it was too hard to just get a few things. Major shopping was done by family members, sales items at the big stores were also picked up by family because she couldn't do it. Big is beautiful when you are young and healthy. But a major planned event when you are elderly with health issues
Place a building moratorium to limit single family homes. It is making our tax burden too high to educate them. In the process education and sports programs are cut to make up the difference.
Ellington is a beautiful + wonderful town. Overall this is a great town with a good administration at our town hall.
Special consideration needs to be paid to our town's seniors, their living expenses are outrageous with insurance, prescriptions, every day living etc. Most of our seniors rely on a low budget or fixed income, they cannot afford to pay their monthly bills, rent, mortgage, taxes on top of everything else. If they drive, there are more expenses than need to be paid! Our seniors are the ones that built our town and I feel we need to care for them, but to me it appears that our town officials don't see that!
Ellington seems to be heading towards one type of person. Don't forget people who have lived here all their life and at times need help. Ellington has become one sided.
We need to run the town like a business. Eliminate waste and outsource remedial tasks. We must search for cost reduction and set goals to reduce the cost of running the town.
More fitness classes for adults at night - low impact aerobics - more days a week
Get seniors involved with the kids in sports, theater, school activities. The kids can benefit from an older person's knowledge + it also keeps seniors from feeling useless.
New homes (in the area) are huge! Expensive! More families good for the town/taxes...then schools... taxes... cost of living
I would like to see Ellington remain country/rural. No more Big Box/Big Y type stores! Let's keep our open spaces!
All commercial development must be attractive, quiet, - in keeping with the character of the town.
We have lived in town for 25 years and feel the town was a great place to raise a family. But with prop taxes going up the last several years, we will need to shop around to see what we get for \$5,000+ a year elsewhere.
I would like to see a stop to residential buildings. As it is, the town cannot afford to educate all the

new families at such a growing rate. Families do not have 2 children anymore. They have 3+4! It is just that we can not afford the additional taxes that new building brings in. Families should have all the children they want! But the tax burden can not continue to fall on the residents. Especially the older ones in town.
Keeping a lot of open land I think is important. Keeping farms. Bring in horse farms.
Make sure the library is kept with the funds needed, and keep the education funds needed but cut the wages from the board of education then you will have the money needed for the kids.
I help care for my homebound father in Simsbury and it is incredibly difficult for my mom & dad. Relationship barely alive between my parents and has added stress to multiple family members. It is hard to explain how one person's unfortunate health status can affect so many people! Nice work!
The seniors in our community have paid their dues and those that could or should qualify for the above stated assistance should get it.
We need to stop taking money from education to fund programs for seniors. We have a responsibility to provide education and safe programs (like school sports) to help the next generation grow up.
I am only 49 + really haven't thought about my "later years" plus don't really chat w/elder adults in community about their "senior life+ wants from Ellington". I feel my answers are from a mindset that is still thinking like a middle aged person yet.
Being self-employed and in our 40's I'm not sure what kind of health care coverage we will have when we need it, but it sure would be nice to know what will be available.
Town is growing, schools aren't keeping up. Need to concentrate more on that. Remember they will be taking care of us later.
Older adults want quiet surroundings with a sense of security. They also need social interaction with one another and young people. Plan events that can do both. 19. The town is losing it's caring small town feeling to larger huge single family homes (expensive ones!)
Every year the town starts off with a much larger budget with more services and every year the towns people vote it down until it gets down to a more reasonable level. I think it would be good for our leaders to realize that the people don't want more services and more taxes - they want less of each. Perhaps town officials could start running the town with this "less is better" approach.
Would somehow like to retain small-town rural atmosphere. Main street has so much history & old buildings: they need to be emphasized and valued. Sad that Pinney house must be moved - it needs to be saved. 5. no, not currently, but maybe in the future.
At the rate our taxes are growing I don't think I could remain living in Ellington when I'm older.
Ellington used to be a nice country town with all the large homes and large stores its becoming a city.
School budget costs are adversely affecting our kids. I believe budget didn't pass because tax payers are sick or uncontrolled residential growth that isn't bringing in enough taxes to pay for their kids education.
A continued effort to get town residents knowledgeable and motivated to vote on town's budget on 1st go round...Ellington or any town is only as good as its school system.
-maybe creating a "pen pal" group of homebound residents. Instead of writing maybe sharing phone numbers or email addresses so they can be in contact w/other older adults in area. -I love living in Ellington!!
Stop building housing developments for families instead build 55 or older.
Sidewalks are needed on Rt. 83
Before this town spends money on a senior center, it needs to fund the school system properly. Seniors have their whole lives to save for old age- if they decide to not to then it's their choice. The kids are just beginning their lives and need to be supported by the town.
We need more accountability on the part of our volunteer boards. More detail as to budgets and

how money is spent. I don't mind rise in taxes, but don't hide from us all the real purpose or surpluses.
Maybe a town news letter - letting all of the people who need the great services Ellington has to offer, know that they are available & that they are eligible to use them.
Yes - I would like Ellington to put on their agenda roadside leaf pick up w/vacuum (not bagged); this would be much easier for everyone + make raking much easier for our seniors.
Ellington is a great town, just getting way to expensive, without enough offered in our school system.
Please keep this town quaint.
I would love to be able to do so much more as a volunteer for elderly in need. I am saddened because I can't afford it due to gas prices and food cost too much. I am a giver for people in need, but surely not to my satisfaction. I love the town of Ellington, love the farms - big fields. I would love to live in low traffic area, it would be safer to go walking with the dog.
I think it would be beneficial to incorporate programs that combine people of different age groups to help understand the unique differences that occur while aging.
My biggest issue with Ellington is the sale of farmland with little regard to zoning planning - committee seems to just let their friends/family sell/build anything - I hate the sand gravel pits They make everything dirty and trucks are dangerous - I remember our 130 was given okay for a couple of years - 20 years later it is bigger than ever. How can disgusting developed let Lee'
As we age our support systems are less - especially with the prominence of children (adult) + parents (elderly) living in separate states: perhaps a program of connecting young adults with the elderly ( a big brother big sister in reverse).
A safe walking trail for adults - where no bikes are permitted
Could the senior center serve as a clearing house for those w/services to offer/ those who need services?
I was disturbed with the Big "Y" going in. I see Ellington changing and not for the good. I moved here because it's a lovely rural town & I see it changing to be another South Windsor one day.
I like the fact that there is a hospital right down the road from me (Rockville hospital); although the waiting period in the emergency room has always been ridiculously long when we've used it. I think this town is picturesque & safe and a great place to bring up children. I don't know if I will be here when I'm a "senior citizen" - it will perhaps depend on where my children and family reside. In the surrounding towns (ell. Tolland, Vernon) it does seem that there is a plethora of doctors & medical facilities but maybe a few additional assisted living or CCR's would be welcomed.
No, other than my concern for the high taxes on property in Ellington. I'm afraid when I retire I won't be able to afford to stay in my home.
As needed services (that you can have without having to sign up for on a regular basis ie home health aid 3x wk. but as needed buy poss. Scheduled ahead of time. Like for only those times you are sick, but not on a permanent basis.
Farm land needs to be preserved. Town doesn't need to provide things that a family should provide or a person should provide for themselves.
Let's keep Ellington affordable.
I love this town but seniors need a one floor place to live that is both reasonable in cost and bigger than a closet! That is why I can't get my mom into a senior place because they are so small. We are not second class citizens and we more than paid our dues. We should be treated better!
Disgusted by Big Y. We will lose the small town feel for our town. People move and stay here for the small town feeling + sense of community. As retail moves in we lose that. The traffic is already becoming a problem. Rapid growth of large retail chains will hurt the loyal providers of this town. What will we do with empty retail space. How attractive will Ellington be then?
End binding arbitration - schools are bankrupting the town & its residents!
Ellington is a nice town. It would be nice if main street was developed so people of all ages could

enjoy shops and other services in our town.
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Ellington's children need a skate park/recreation center for outdoor activities in their neighborhoods!
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